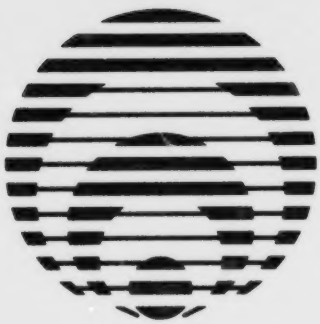

"Seniors Helping Seniors"

a Nova Scotia Conference
on Aging and the Aged

June 10, 11, 12, 1984
Saint Francis Xavier University
Antigonish, Nova Scotia

Conference Proceedings

organized by the
Senior Citizens Secretariat
on behalf of the
Government of Nova Scotia

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"Seniors Helping Seniors", a Nova Scotia Conference on Aging and the Aged was organized by the Senior Citizens Secretariat on behalf of the Government of Nova Scotia. The Conference was held at Saint Francis Xavier University in Antigonish, Nova Scotia, June 10, 11, 12, 1984.

In addition to serving as a follow up to the World Conference on Aging held in Vienna in 1982 and the second Canadian Conference on Aging which took place in Ottawa last year, "Seniors Helping Seniors" was held to provide an opportunity for delegates to discuss and share their views on three reports:

- THE ROYAL COMMISSION REPORT ON PENSIONS
- THE REPORT ON RETIREMENT PREPARED BY THE SENIOR CITIZENS COMMISSION
- THE STATEMENT ON AGING PREPARED BY THE SENIOR CITIZENS SECRETARIAT

Summaries of the three reports were sent to delegates for their review and consideration prior to the Conference.

The Conference was intended to provide the Government of Nova Scotia with an understanding of delegates' opinions and recommendations in respect to each of the reports named above.

The Conference opened Sunday evening in Bloomfield Centre with the Minister of Social Services, Honourable Edmund L. Morris, presiding.

The invocation was given by Most Reverend William E. Power, Bishop of Antigonish.

Dr. Gregory MacKinnon, President of Saint Francis Xavier University, extended a welcome to the delegates on behalf of the University.

The platform guests consisted of the following persons:

Dr. James C. Perkin, President, Acadia University

Dr. F. R. MacKinnon, Director, Senior Citizens' Secretariat

Ms. Valerie J. White, Chairman, Conference Planning Committee

Dr. J. William Gillis, M.L.A., Antigonish

Mrs. Bertha Frison, Secretary-Treasurer
Federation of Senior Citizens and Pensioners

Mayor Colin Chisholm, Town of Antigonish

Warden Angus MacQuarrie, Municipality of Antigonish

Mayor Douglas Carter, President, Union of N.S. Municipalities

Miss Gwen Pickering, Chairman, Conference Program Committee

Dr. William Gillis, the Member of the Legislative Assembly for Antigonish; His Worship Colin Chisholm, Mayor of Antigonish; His Worship Douglas Carter, President of the Union of Nova Scotia Municipalities, and Mr. Angus MacQuarrie, Warden of the Municipality of Antigonish, all spoke briefly, extending a cordial welcome to the delegates.

The Chairman introduced the speaker of the evening,

Honourable J. Angus MacLean, P.C. Dr. MacLean's address follows:

"WHAT IS THE WORLD COMING TO?"

By way of introduction, I think I should tell you, as you begin your deliberations on "Aging and the Aged", that I have not come to try to convert you to any particular position, or to try to argue you into thinking as I do.

My aim is not to sponsor or support any particular stance on the many questions of policy having to do with aging and the aged. Rather, my purpose is to stimulate your thinking to cause you to review policies that you did not question previously, and above all, to lay aside any dogma you may have on the subject, so that you can objectively innovate attitudes suitable to the present and near future.

As one who is retired from public life, I would not try to argue you into any point of view, even if I could.

I can remember when, "What is the World Coming To?" was a frequently heard expression, but come to think of it, we don't seem to hear it said much any more.

This may be because change is so constant, so rapid and so drastic, that the world is benumbed by future shock.

Or it may be that the guide-posts for life's journey formerly set by family tradition, the churches, and tight-knit communities are so blurred and eroded, and frequently washed away completely, leaving no landmarks to steer by, so that much of humanity has become an aimless, wandering mass, browsing on every imaginable self-indulgence, but going nowhere, with no sense of right or wrong.

Under the best conditions, trying to budget and plan for the future is difficult indeed, often upset or invalidated by completely unforeseen occurrences.

In these times, when all the constants, the guide-posts of the past, are being swept away, it becomes an almost impossible task, yet individuals and society, through its governments and other institutions, must try.

What are some of the things that can happen, to bring our plans to naught?:

1. In the nuclear age, a full-out nuclear exchange would effectively eliminate life on this planet, most of it directly, and the surviving remainder, by the destabilizing of the conditions which made life possible on the spaceship, Earth. In such a situation, there would be no more aging, and no one to make plans for it.

2. Geometric progressions are rarely understood by the average person, and we seem to have no instinctive fear of them, although they spawn a host of potential disasters for mankind, from the human population explosion to out of control government deficits.

All life multiplies as a geometric progression, so any form of life quickly fills the living space suitable to it. If a specific form of life is not kept in reasonable numbers by predators, and by predators I include parasites and disease germs, starvation quickly collapses an overblown population. Humans seem to believe that they should be immune from these forces of nature. We spend vast fortunes on trying to protect ourselves from disease, parasites and other forces which tend to keep numbers down, leaving as our only possible fate, want and starvation. When our numbers become too great for our planet to feed, probably in the lifetime of people now being born, there will be dramatic collapses of population due to starvation.

Another large scale disaster will almost certainly result from the ever-accelerating urbanization in developing and under-developed countries. If present trends continue,

it is projected that in a very few decades, there will be many cities with populations in the order of 40 to 50 million each.

There is no way that the teeming millions of slum dwellers in such cities would be able to afford the food needed, by purchase from commercialized farming. Their only hope would be to live in the country and produce their own food.

Cities were invented several thousand years ago. They made sense in those days, when information was spread by messenger only, when all commerce moved by muscle-power or sail. Distances had to be short. Then, too, for defence purposes, walls would be built around cities, and this made them rather safe.

In this age, when information can be transmitted almost instantaneously throughout the world, and cities are a tempting target for nuclear bombs, when virtually all commerce moves on fossil energy, cities are an unnecessary liability.

I am pleased to note that in the last few years, in both Canada and the United States, the traditional trend of the last three hundred years or so has been reversed, so that now in North America, north of Mexico, rural and small town populations are growing faster than are the cities.

THE BIG GENERATION

There are other factors which will distract trends and forecasts for a century or so, one is the so-called, "Big Generation", resulting from the fact that the declining birth rate of Canada was reversed from 1951 to 1966. During these fifteen years, almost twice as many babies were born as would have been projected from previous and succeeding trends. Through their entire life, they are having a distracting and unsettling effect on all planning.

During their education, they have needed extra seats in all schools and colleges. Now, the economy cannot absorb them into the labour force. When they become senior citizens, starting 32 years hence, they will strain both the physical accommodation and the financial resources available for senior citizens.

The question of high government expenditures.

The first lesson we must learn is that most of mankind's misery was not brought about by forces or individuals which humanity quickly recognized as 'evil'.

People such as Genghis Khan and Adolph Hitler were dealt with in relatively short order, in terms of historical time.

Most of the world's misery is brought about by individuals or groups, whose motives are of the highest order, they wish to institute their notion of what will bring

about heaven on earth.

The expansion of governmental services is in this category. Governments to be large enough to give us everything we want, first have to be large enough to take everything we own.

The average wage earner in Prince Edward Island pays $5,600 a year in federal taxes; and $4,000 a year in provincial taxes. I expect in Nova Scotia it is much the same.

The result is that one wage earner per family is not enough to pay the taxes and put bread on the table.

The answer is working wives, who are usually mothers. What to do with the children? The demand is for day-care centres - more government expenditure, with side effects requiring still more government expenses.

I am old enough to remember the shock and predictions of disaster that greeted the news from revolutionary Russia, that day-care centres were being provided to take care of children, while their mothers worked in the labour force.

Most people were thankful that they did not live in such a Godless society, which in this way:

(a) Destroyed the very foundation of family as an institution.

(b) Made it difficult or impossible for mothers to pass on to their children the tenets of civilization, which must be absorbed and learned anew by each generation.

(c) Substituted for ethics the material appetites of a greedy self-indulgent society, and

(d) Worst of all, reduced women from the glamorous role of motherhood to the base material role of a unit of the labour force.

All of these reactions now seem far away and long ago. Yet, the Japanese have done research on large primates, in which, experimentally, the young have been removed from their mothers for varying periods of time, to discover the effects, if any, on the young.

The results were that if new born primates were separated from their mothers for certain periods, there came a time when the young could never be returned to normal behaviour, no matter what was done.

What were the abnormalities?

(a) The most striking - perverse sex behaviour; or no sex drive at all.

(b) Loss of maternal instincts; abandonment of their young, or if that was prevented, abuse and often murder of their young.

This sounds familiar. The casual dissolution of the three generation family has had many conveniences, no doubt, but has brought with it, uncounted detrimental effects such as:

Removing from the aging their feeling of usefulness and self-worth, and with it the shipping off, of the very old to human warehouses, until such time as they can be shoved into the ground.

Those vicious circles of the more that is done by government, the more that has to be done, has set in motion.

Another geometric progression which may bring disaster is the ever-increasing deficits of governments. For example, the federal government, whose responsibility it is to pay old age pensions, has gone in debt $100 billion in the last 50 or 60 months. Say, for easy arithmetic, that the interest charges are $10 billion a year; that costs us as much as a $10,000 pension for a million people. In the future, can both be paid?

There are other changes brought about by the opportunities provided by television and computers to the young and very young to absorb vast amounts of information and opinions, which may or may not be valid. The results are sometimes shocking, sometimes heartwarming, sometimes amusing.

I have just been reciting a pretty dismal litany of depressing likelihoods, much as Robert Burns has said:

"But mousie tho art no thy lane,
  In proving foresight may be vain;
Th' best laid schemes o' mice an men
  Gang aft a-gley;
An' lea'e us nought but grief and pain,
  For promis'd joy.
Still thou art blest compared wi me!
  The present only toucheth thee.
But och, I backward cast my e's
  On prospects drear
An forward though I canna see,
  I guess an fear."

I, like Burns, am of Scottish descent. It is even alleged that I am a dour Scot. I admire Burns' ability to learn from past experience and his recognition of the need to plan for the future. But I find him too pessimistic in his outlook.

If Burns were alive today, I am sure he would decide that he was depressed, and since it is free, he would go to see the nearest doctor, and he would say, "You know, doctor, I think I am depressed." The doctor would ask, "How are you sleeping Robert?", and Burns would say, "Not well at all. You know, with all that ploughing I am doing now, my legs ache when I go to bed at

night, from all that walking."

The doctor would say, "I am giving you a prescription for some drugs. There is an antidepressant, take one after each meal, and one at bed time. There is also a pain killer and a tranquilizer. Take one of each of those at bed time, and come back and see me in two weeks."

That very thoughtful poem to a mouse would never have been written, and the world would be the poorer. But Burns would still say after the medication wore off, "But ach! I backward cast my e's on prospects drear, and forward though I canna see, I guess an fear."

I much prefer Omar Khaygam, his attitude is probably healthier:

"My beloved, fill the cup that clears today
Of past regrets and future fears."

What is the cup that 'clears today of past regrets and future fears'? Well, in the first place, Omar Khaygam says, "My beloved". There is someone whom he loves, and that love is undoubtedly returned. This is very important for long term happiness and good health.

It is very important at every age, and during the aging process to know with all your being that you are very important to somebody and that somebody is very important to you.

Burns had no such endearing relationship. Perhaps that explains his pessimism.

But what is the brew in the cup that clears today of past regrets and future fears? I expect in Omar's case, it's wine. There is no doubt a place for wine, if one does not become addicted to alcohol. Alcohol and other drugs make us forget for a short while, but such things do not produce happiness.

You may think the concoction in the cup is wealth and self-indulgence, and the soft, pampered life. No, it can't be that - such a recipe does not clear today of past regrets and future fears. It makes them more acute.

I believe that what is in the cup that clears each day of past regrets and future fears is partly good health. The next great challenge of medical research should be the conquering of the diseases of aging, as it has already conquered the diseases of childhood: diptheria, smallpox and polio. They should next conquer arthritis, strokes, dental diseases and alzheimers disease, etc.

Another ingredient of the cup that clears today of past regrets and future fears is a desire to strive for goals, and sometimes reach them.

There have to be challenges and a measure of achievement for life to be meaningful. I believe that for

a sense of well-being, people must have warm relationships with loved ones, friends, and neighbours.

Much of today's misery of all ages is due to the lonely, impersonal cities, where life becomes meaningless. I believe the sense of self-worth must be passed on from one generation to the next by warm, fully developed parenting instincts that transmits to the child by touch, cuddling, crooning and play, a sense of self-worth, and a feeling of being at home in the world.

I sometimes wonder how much of the present generation's maladjustment stems from crying themselves to sleep as babies, a la Dr. Spock.

Humans are very poor judges of what is in their own best interests in the long run. This makes it difficult to make wise choices for ourselves, and much more difficult to make wise choices for others. So what should society do about and for the aging?

We should develop and stress preventive medicine, so that more people can go through life with a sound mind in a sound body.

We should challenge people to be active, do as much as they can for as long as they can for themselves and for others.

We should try to evolve a society in which people of all ages fit, so that they feel at home and at ease and useful.

Society should evolve every means possible to exploit and benefit from the wisdom of the older members of society. Wisdom can only be achieved from experience. That wisdom should be blended with the intelligence and specialized training of the youth for the benefit of society.

Older people should not be in want if this is at all preventable, but they should be encouraged and stimulated to be as self-reliant as possible.

A very wise retired physician in Prince Edward Island once said that Shakespeare claimed there were seven ages of man. He said he found there are only three, viz: Youth, Middle Age and, "My, you're looking well!" I find I've joined the latter group, so I will say no more, except to wish you new insights and high success in your deliberations.

Thank you.

* * * * * * * * * * *

OPENING PLENARY SESSION, SUNDAY, JUNE 10

HONOURABLE EDMUND L. MORRIS
CHAIRMAN FOR THE OPENING
PLENARY SESSION

HEAD TABLE GUESTS

HONOURABLE J. ANGUS MacLEAN, P.C.
SPEAKER AT THE OPENING
PLENARY SESSION

The Chairman, the Honourable Edmund Morris, thanked the Honourable Mr. MacLean for his excellent thought-provoking address and adjourned the plenary session.

The Conference met in plenary session Monday morning at 9 o'clock with F. R. MacKinnon as Chairman. Dr. MacKinnon outlined conference organization including the rationale for the workshop subjects, their location and the personnel responsible for them.

The three workshop sessions began immediately following the plenary session and continued Monday morning, Monday afternoon and Tuesday morning.

The movie, "Kotch" was shown Monday evening and live entertainment from the Antigonish area completed a social evening.

Each delegate attended three separate workshop sessions and summaries of the recommendations from these Workshops follow.

A series of questions and issues were prepared in advance for the guidance of the Chairman. Several of the workshops used these questions and the report of these workshops follow the questions sequentially. In these reports we show the question and the workshop response or recommendations.

WORKSHOP SUMMARIES

Two workshops were concerned with Income Support and Pensions. The recorders, Wayne Bona and Donald Burgoyne combined the findings of these two workshops as follows:

INCOME SUPPORT AND PENSIONS #1

Chairman - Mrs. Edith Harvie
Past President
Canadian Pensioners Concerned

Resource - Percy Fleet
Superintendent of Pensions and
Director of Pensions and Payrolls Services
Department of Finance

Ivor Hambling
Director of Family Benefits
Department of Social Services

Myron Lane
Regional Director, Income Security
Programs, Health and Welfare Canada

Recorder - Wayne Bona
Community Service Worker
Dartmouth City Social Services

INCOME SUPPORT AND PENSIONS #2

Chairman - John LeBlanc
Director General, Nova Scotia Region
Canada Employment and Immigration Canada
(Retired)

Resource - Judy Foster
Economist, Department of Finance

Sandra Haynes
Supervisor, Senior Citizens' Financial
Aid Programs
Department of Social Services

Paul O. Terrio
District Manager, Income Security Programs
Health and Welfare Canada

Recorder - Donald Burgoyne
Regional Representative Lawrencetown
Continuing Education Program
Department of Education

1. WHAT IS A PENSION? IS IT A DEFERRED PAYMENT OF WAGES OR A REWARD FOR LONG SERVICE?

Pensions were considered to be deferred wages.

2. TO WHAT DEGREE SHOULD AN INDIVIDUAL BE RESPONSIBLE FOR PROVIDING HIS OR HER PENSION INCOME AT RETIREMENT? SHOULD IT BE COMPULSORY OR OPTIONAL FOR AN EMPLOYER TO HAVE A PENSION PLAN, OR FOR AN EMPLOYEE TO PARTICIPATE IN THE PLAN?

It was felt that individuals should take more responsibility for providing his or her pension, and that all employees should pay into some form of pension. As well, most delegates felt that it should be compulsory for employers to have a pension plan, but provisions should be made to take into account small employers with a limited number of employees (maybe government could provide subsidization.)

3. SHOULD AN EMPLOYEE BE REQUIRED TO RETIRE AT A CERTAIN AGE? IF SO, WHAT IS AN APPROPRIATE AGE? IF NOT, HOW SHOULD EARLY OR LATE RETIREMENT AFFECT PENSION PLANS?

Most workshop participants were against mandatory retirement and believed there should be no set age for retirement, but rather it should be an agreement between the employer and their employee.

If pensions are adequate it is unlikely people will remain in the work force for a long period of time. It was also felt that if a person worked beyond 65 they should not receive Old Age Security (O.A.S.)/Canada Pension Plan (C.P.P.) until they retire.

4. ALTHOUGH THE COMPONENTS OF THE CANADIAN PENSION SYSTEMS ARE INTER-RELATED, THEY MAY BE SEPARATED UNDER THREE HEADINGS:

    1. COVERAGE AND ADEQUACY;
    2. PORTABILITY, VESTING AND LOCKING-IN; AND
    3. INFLATION PROTECTION.

DOES THE WORKSHOP HAVE ANY COMMENTS IN THESE AREAS? HOW COULD REFORM IN THESE AREAS BE PRIORIZED? ARE CURRENT REGULATIONS ADEQUATE?

There was general agreement that pension contributions should be locked in. Indexing of pensions should be provided to assist in protection against inflation. Concern was expressed for benefits or lack of benefits for homemakers. An extension of C.P.P. was considered an option for such benefits.

The workshop participants also agreed that the period of vesting should be changed to two years and also that a comprehensive survey of annuity programs should be conducted and made available to the public.

5. PENSION REFORM COULD BE ACCOMPLISHED THROUGH:

    1. PRIVATE SECTOR PLANS:
    2. CANADA PENSION PLAN (C.P.P.); AND
    3. A COMBINATION OF BOTH.

WHICH DOES THE WORKSHOP PREFER? SHOULD REFORM IN ONE AREA PRECEED THAT IN THE OTHER?

C. P.P. by itself was thought to be inadequate. Private and government pension plans should be more closely related.

6. C.P.P. BENEFITS, BOTH EXISTING AND PROPOSED, WILL HAVE TO BE FINANCED. DOES THE WORKSHOP FAVOR EITHER:
    1. IMMEDIATE INCREASED CONTRIBUTIONS TO FINANCE FUTURE COSTS? OR
    2. INCREASE CONTRIBUTIONS WHEN THE BENEFITS ARE TO BE PAID OUT?

DOES THE WORKSHOP HAVE ANY VIEWS ON THE C.P.P. INVESTMENT POLICY OF LENDING RESERVES TO THE PROVINCES?

The workshop participants believed an immediate increase in contributions to C.P.P. would assist in financing future costs. There was a mixed response when discussing the C.P.P. investment policy, hence no firm position was reached.

7. HOW CAN THE PROBLEM OF PENSIONS OR RETIREMENT INCOME FOR HOMEMAKERS BE RESOLVED? CAN IT BE RESOLVED? DOES THE WORKSHOP VIEW PENSIONS AS FAMILY ASSETS?

Homemakers should be considered part of the work force and should be receiving the Canada Pension. Pensions were viewed as family assets by the workshop participants.

8. PENSION REFORM WILL BE SLOW TO ALLEVIATE POVERTY AMONG THE ELDERLY AS REFORM WILL BE MOST BENEFICIAL TO THOSE EARLY IN THEIR CAREERS. HOW DO WE PROVIDE INCOME TO SENIORS IN NEED?

Guaranteed Income Supplement (G.I.S.) should continue. Concern was also expressed over the reduction caused by minimum increases in income while fixed costs remain constant.

9. DO YOU FAVOUR THE CREATION OF A REGISTERED PENSION ACCOUNT AS A VEHICLE TO INCREASE PORTABILITY AND COVERAGE?

Question 9 elicited no response.

10. THERE HAS BEEN MUCH CRITICISM OF THE USE OF SELECTIVITY IN INCOME SUPPORT PROGRAMS, FOR EXAMPLE G.I.S. WE HAVE BOTH UNIVERSALITY AND SELECTIVITY IN CANADIAN INCOME SUPPORT PROGRAMS. HAS THE WORKSHOP ANY WORTHWHILE SUGGESTIONS ON THIS MAJOR ISSUE?

A universal scheme was favored by the workshop participants. The taxing of those in higher income brackets was also suggested, as was that partial payment of Old Age Security to widows under age 65 be examined.

11. THE CONVERSION OF FAMILY ALLOWANCES AND OLD AGE SECURITY FROM UNIVERSAL TO SELECTIVE PROGRAMS MIGHT SAVE CANADIANS AS MUCH AS 3/4 OF A BILLION DOLLARS. DOES THE WORKSHOP FAVOR SUCH A CHANGE?

The participants preferred the present universal approach. It was felt that Guaranteed Annual Income would resolve this.

12. WHAT DOES THE WORKSHOP SUGGEST WE DO ABOUT DISINCENTIVES? EXAMPLE: FAMILY A SETS ASIDE FINANCIAL RESOURCE FOR OLD AGE. FAMILY B DISSIPATES ALL ITS RESOURCES OVER A LIFETIME. A SENIOR FROM EACH FAMILY GOES TO A NURSING HOME. ONE HAS ASSETS AND PAYS FOR THE COSTS OF CARE. THE GOVERNMENT SUPPORTS THE SENIOR FROM FAMILY B - WHAT IS THE ANSWER?

IF THE ANSWER IS TO MAKE THE PROGRAM UNIVERSAL, HOW WILL WE PAY FOR THE VERY LARGE ADDITIONAL COSTS?

Those institutions providing Health Care should come under the Department of Health. For example, Nursing Homes and Homes for the Aged should be covered by M.S.I. Fear was expressed over the need to increase taxes to meet any additional costs.

13. ARE WE SATISFIED WITH THE CURRENT RENTAL ASSISTANCE AND PROPERTY TAX REBATE PROGRAM? IF NOT, WHAT IS BEING PROPOSED? IF THE PROPOSAL REQUIRES ADDITIONAL FUNDING, WHERE DOES THIS STAND AS A PRIORITY?

The participants felt that property tax rebates should be more generally available. The criteria for assistance should be revised; those who are not receiving Guaranteed Income Supplement and Spouse's Allowance may still require the rental assistance and property tax rebates to remain in their homes.

14. HAVE WE REACHED A POINT WHERE SPECIAL SOCIAL ASSISTANCE MIGHT BE TERMINATED AND THE ELEVEN MILLION DOLLARS NOW BEING SPENT ON THIS PROGRAM INVESTED IN HOME LIFE SUPPORTS? HOW USEFUL IS THIS PROGRAM AS AN INCOME SUPPORT, IF AT ALL?

The first priority should be to remain in own homes. It was felt that both programs provide benefits and are quite useful.

15. INCOME SUPPORT IS NOW BEING PROVIDED ON AN INDIVIDUAL BASIS. WOULD IT BE BETTER TO PROVIDE INCOME SUPPORT ON A FAMILY BASIS? FOR EXAMPLE, WHEN THE FAMILY UNIT CONSISTS OF THREE OR FOUR PERSONS, THE INCOME SUPPORT IS PAID FOR THE FAMILY?

The general consensus on this issue supported individual arrangements for income support.

16. MORE AND MORE WOMEN REACHING THE AGE OF 50 TO 55 YEARS ARE FINDING IT IMPOSSIBLE TO SECURE GAINFUL EMPLOYMENT AND MANY ARE FORCED TO LIVE IN ABJECT POVERTY UNTIL AGE 65. EVEN THEN, THE LACK OF ELIGIBILITY FOR C.P.P. PLACES WOMEN OVER 65 A GROUP MUCH AT RISK. THIS IS AGGRAVATED BY THE FACT THAT WOMEN LIVE LONGER THAN MEN AND THE PROPORTION OF WOMEN AND MEN OVER 65 IS ABOUT 60 - 40. FEW OF THOSE WOMEN NOW REACHING 65 HAVE BEEN IN THE LABOUR FORCE AND THEREFORE ARE INELIGIBLE FOR C.P.P. IT IS ALSO A WELL-ESTABLISHED FACT THAT INCOME SECURITY SYSTEMS ARE DESIGNED TO FAVOUR COUPLES AND WORK TO THE DISADVANTAGE OF SINGLES. DOES THE WORKSHOP HAVE ANY SUGGESTIONS OR ANSWERS?

It was agreed that reform is urgently needed for older females.

17. SHOULD OLD AGE SECURITY SPOUSES' ALLOWANCES BE EXTENDED TO SINGLE, DIVORCED, WIDOWER, WIDOW, PERSONS AT AGE 60 to 65?

Current arrangements for these benefits are disciminatory. An effort should be made to maintain the present status quo. Also, concern was expressed for women over age 50.

RETIREMENT AND LEISURE

Chairman - Dr. John J. Stanton, M.D.
Member
Senior Citizens Commission

Resource - Allan Clark
Co-ordinator, Senior Citizens Commission
Department of Social Services

John A. MacLean
Regional Representative, South Shore Region
Department of Culture, Recreation and Fitness

Recorder - Mrs. Bertha Frison
Secretary-Treasurer
Federation of Senior Citizens and Pensioners of Nova Scotia

1. SHOULD WE ELIMINATE COMPLETELY AN AGE OF AUTOMATIC COMPULSORY RETIREMENT?

There was general agreement among the workshop participants in favor of optional retirement, which would be an arrangement between employer and employee. Early retirement should be the choice of the employee, with an adequate pension provided. The option to return to work on a limited part-time basis should also be available. One group did believe there was a need for mandatory retirement; however, there were questions raised with regard to the age of mandatory retirement, and the flexibility of this for health reasons.

2. SHOULD THERE BE A MORE FLEXIBLE POLICY RE: EARLY RETIREMENT AS EXEMPLIFIED BY TEACHERS AND OTHERS WHO RETIRE EARLY AT AGE 55, 60 OR 65 HAVING COMPLETED A SPECIFIC NUMBER OF YEARS SERVICE?

Adequate pensions should be available at a reasonable age. The individuals working at such professions are entitled to their pension if they paid into it.

3. SHOULD THERE BE RETIREMENT PLANNING PROGRAMS BOTH IN THE PUBLIC AND PRIVATE SECTOR. IF SO, WHAT MORE SHOULD WE BE DOING TO PROMOTE THESE PROGRAMS?

Yes, there is a need for promotion of retirement planning programs in both the public and private sector. Better advertising was suggested by the participants as a means to promote such programs.

4. IS WORK AN ESSENTIAL ELEMENT FOR THOSE WHO ARE AGING AND FOR THE AGED, ASSUMING THEY HAVE GOOD HEALTH? IF IT IS ESSENTIAL HOW, IN TIMES OF AUTOMATION, EARLY RETIREMENT AND HIGH UNEMPLOYMENT, CAN WE PROVIDE WORK OPPORTUNITIES FOR THOSE WHOM THE FACTOR OF AGE HAS PUSHED OUT OF THE FIELD OF PRODUCTIVE WORK?

Everyone in good health should be involved in a meaningful activity. They should be encouraged to work part-time or volunteer in the community. The expertise a senior may have should be utilized regularly.

5. SHOULD THERE BE MODIFICATION TO THE REGULATIONS OF THE CANADA EMPLOYMENT AND IMMIGRATION COMMISSION SO THAT UNEMPLOYMENT INSURANCE BENEFITS ARE AVAILABLE TO PERSONS OVER THE AGE OF 65 WHO ARE STILL IN THE LABOUR FORCE AND ALSO TO EXTEND THE FULL RANGE OF EMPLOYMENT AND TRAINING SERVICES PROVIDED BY CEIC WITHOUT REFERENCE TO THE UPPER AGE LIMIT?

Participants felt that, because not enough information was provided, it was very difficult to determine if there should be any modification to such regulations.

6. SHOULD THE GOVERNMENT OF NOVA SCOTIA EXTEND THE COVERAGE UNDER THE WORKERS' COMPENSATION ACT TO THOSE OVER 65 WHO ARE IN THE LABOUR FORCE?

If persons over 65 are allowed to continue working and are contributing to sick benefits they should be eligible to receive compensation if injured.

7. SHOULD THE PART-TIME WORKER BE ELIGIBLE FOR ALL RETIREMENT BENEFITS ON A PRO-RATED BASIS?

There was general agreement by the participants on this matter.

8. WHAT WAYS ARE THERE TO ENSURE GOOD PHYSICAL AND MENTAL HEALTH IN SENIORS?

Four factors emerging from the workshop discussions contributing to good physical and mental health in seniors was to be active in good nutrition, exercise in moderation, non-smoking and alcohol in moderation or not at all. Combined with these factors is the need to develop hobbies, join social groups and be active in the community. It was also noted that government sponsored health clinics should put more emphasis on the prevention of disease rather than the cure.

9. IS THERE A NEED FOR SENIOR CENTERS OR DAY CARE CENTERS IN THE PROVISION OF SERVICES FOR SENIORS?

Individual communities in the province should conduct studies to determine if the need is there. These centres have proven their usefulness in other communities. Transportation in rural areas is a factor to consider while planning such centers.

10. WHAT PLANNING IS NECESSARY TO HELP THE OLDER ADULT IN PRE-RETIREMENT AND ULTIMATELY A RETIREMENT IN WHICH HEALTH AND LEISURE BENEFITS CAN BE REALIZED?

It was felt by the participants that pre-retirement planning should begin when the employee is thirty years old. More money should be spent on advertising for pre-retirement courses. Employers should get involved by including pre-retirement pamphlets with pay cheques and hosting workshops annually. There is also a need for the encouragement of pre-retirement planning among both employers and employees.

11. LEISURE SERVICES ENHANCE RECREATION ACTIVITIES WHICH PROVIDE BENEFITS AND VALUES FOR SENIORS. WHAT PROGRAMS AND SERVICES ARE PROVIDED OR SHOULD BE FOR SENIORS?

A wide variety of programs such as elder hostels, travel, senior games and festivities should be available throughout the province. Lack of good transportation hinders the mobility of seniors. Transportation should be provided where needed to allow seniors the opportunity to participate in such programs as well as visit other seniors in nursing homes or seniors who may be sick.

12. EFFECTIVE, EXPERIENCED LEADERSHIP IS NECESSARY FOR THE DEVELOPMENT OF SUCCESSFUL PROGRAMS. WHAT HUMAN RESOURCES ARE NEEDED IN TERMS OF LEADERSHIP AND SUPPORTIVE PERSONNEL IN DEVELOPING SERVICES IN THE LEISURE AREA FOR SENIORS?

It was the feeling of the sessions that seniors possess a number of skills that could be utilized by individuals of all ages within the community. The human resources should be from the seniors themselves as well as from trained staff. The participants also felt that the opportunity should be provided for seniors to do leisure activities of their choice.

13. WITH MOTIVATION BEING A PROBLEM THAT IS CONSTANTLY BEING FACED, HOW DO SENIORS IDENTIFY TO THE BENEFITS OF PARTICIPATION IN RECREATION PROGRAMS?

Better health is the underlying factor in the motivation of seniors. By using the voice of seniors now participating in recreational programs, the motivation in others may be increased.

14. WE WORK FOR TWO REASONS:

a. TO EARN A LIVING (PERSONAL RETURN); AND
b. TO FEEL WE ARE MAKING A USEFUL CONTRIBUTION TO THE COMMUNITY AND OUR COUNTRY.

FOR SENIORS IN POVERTY, WORK IS A MATTER OF PRIMARY IMPORTANCE. FOR THOSE WHO ARE NOT IN POVERTY, PERHAPS WE SHOULD THINK OF WORK AS INVOLVEMENT, WORTHWHILE INVOLVEMENT IN COMMUNITY ACTIVITY. IF SO, HOW DO WE GO ABOUT ACHIEVING SUCH A GOAL?

To help achieve this goal, all seniors should become more involved in the church and other community organizations.

There were two workshops on housing. The recorded notes of both have been combined and are presented as follows:

HOUSING #1

Chairman - Russell Smith
Vice Chairman
Dartmouth Housing Authority

Resource - Dennis Kerr
Director of Field Services
Department of Housing

Tony Pitt
Provincial Director
Canada Mortgage and Housing Corporation

Recorder - Jane MacNiven
Graduate Student
Department of Sociology
Dalhousie University

HOUSING #2

Chairman - Arthur Ward
Manager
Halifax County West Housing Authority

Resource - Robert Shaw
National Vice-President
Canadian Home Building Association

Joan Dalrymple
Program Manager, Social Housing
Canada Mortgage and Housing Corporation

Thomas Moore
Regional Manager
Central Region - New Glasgow
Department of Housing

Recorder - George Campbell
Regional Representative, Cape Breton
Continuing Education
Department of Education

1. DOES RENT CONTROL POSE ANY PROBLEMS?

The rent control program was questioned by several participants. Many felt that landlords could always find ways around the rules of rent control. It was also felt that seniors were most acutely affected by the breaking of rent control rules.

2. HOW SERIOUS IS THE ISSUE OF CONVERSION OF APARTMENT UNITS TO CONDOMINIUMS? OR IS THIS REALLY A NON-ISSUE?

Concern was expressed by some seniors about their apartments being converted into condominiums in the future, and though it was explained by the resource persons that there will soon be a permanent suspension on such conversions, some felt that such a law would be ineffective.

3. IS THE HOME REPAIR PROGRAM SATISFACTORY? WHAT IF ANYTHING MIGHT BE DONE TO MAKE IT MORE EFFECTIVE? THE THREE RELEVANT PROGRAMS ARE THE SENIOR CITIZENS ASSISTANCE PROGRAM AND THE SMALL LOAN ASSISTANCE PROGRAM OFFERED BY THE DEPARTMENT OF HOUSING AND A THIRD, THE RESIDENTIAL REHABILITATION PROGRAM OFFERED BY C.M.H.C.

There was general agreement that a lack of information on the availability and extent of home repair programs existed. They found the programs difficult to understand, but interesting. The procedures for having repairs done were discussed, some seniors feeling not enough follow-up or inspections were conducted by government officials. There

were also questions pertaining to equal opportunity for selection, some having examples of persons who received aid even though they were not in need, or had not been on the waiting list.

The participants were in favor of the summer works project, now in existence, which meets the immediate, on-going needs of older homeowners. A suggestion was made that this program should be expanded, with seniors themselves hired to do some of the work. Two other suggestions were that a housing newsletter for seniors be considered, and also that more contact people, with knowledge about housing policies and programs be positioned around the province, who would relay the housing needs and concerns of their region to government.

4. CAN WE IMPROVE HOUSING DESIGN AND LOCATION TO ENABLE SENIORS TO REMAIN FOR A LONGER PERIOD OF TIME IN THE COMMUNITY AND NOT ENTER A HOSPITAL OR NURSING HOME?

The emphasis on this topic concerned involving the individuals who will live in the home to help make decisions about housing design. The seniors felt they were not consulted when considering the design and location of public housing.

One suggested possibility was that senior housing would be a "village" of seniors with all available services in close proximity. Another suggestion was that Homes for Special Care, if in the immediate area, could also allow seniors to use their facilities if needed.

5. IS THE SHARE-A-HOME PROGRAM PRACTICAL? IF SO, WHAT CAN BE DONE TO ENCOURAGE ITS EXTENSION?

The Dartmouth Share-A-Home program was explained, and it was greeted with a generally favorable response, though some seniors suggested they were not interested in sharing a home. The workshop participants felt that Share-A-Home was a viable option which would therefore warrant more research in that area.

6. ARE WE ALL SATISFIED WITH THE CURRENT STATE OF SENIOR CITIZENS' PUBLIC HOUSING? EXAMINE THIS QUESTION UNDER THESE HEADINGS:

   a. THE NEED FOR NEW AND ADDITIONAL SUBSIDIZED HOUSING WITH SENIORS:
   b. THE STRATEGIC LOCATION OF ADDITIONAL HOUSING UNITS: TAKE INTO ACCOUNT THE FACT THAT SOME SENIORS PREFER A RURAL LOCATION NEAR THEIR FAMILIES:
   c. ADMISSION PROCEDURES:
   d. RENTAL CHARGES AND ARRANGEMENTS; AND
   e. DESIGN AND LOCATION OF HOUSING UNITS FOR BETTER COMBINATION WITH HOUSING FOR SPECIAL CARE.

a. It was agreed that there is a need for more units but a more urgent need to help seniors remain in their homes should not be overlooked.

b. Locations for public housing were said by several participants to be inappropriate.There were many factors to be considered when deciding on a location. A suggestion was for a meeting

between seniors and tenants of public housing to discuss problems that affect seniors around their homes.

c. Some concern was expressed over higher income groups being given preference. The point system was explained to the workshop participants. Several felt that a study of the admittance procedures is necessary.

d. Rental charges were discussed briefly. There were few complaints about fees or arrangements.

e. Complaints were voiced about the design of kitchens, frost-free refrigerators and stove controls. The need to have two-bedroom units was also expressed. It was explained that bedrooms are being designed larger to accommodate two single beds.

7. <u>IS SECURITY A MATTER OF CONCERN TO SENIORS? IF SO, FROM THE POINT OF VIEW OF HOUSING, IS THERE SOMETHING WE COULD AND SHOULD BE DOING ABOUT IT?</u>

Security is indeed a matter of concern to seniors. The 'buddy system' though effective in theory is not practical if one member accepts the responsibility unwillingly. One suggestion was for government to provide a minimum level of security in all of its housing. The duties of janitors, managers and/or superintendents should be more clearly defined which would include whether or not they also act as a security person.

Another suggestion was that the private sector could be more involved, but this was not elaborated on. The need for security lights and alarm buttons in housing was also expressed.

8. HOUSING AFFORDABILITY IS A MAJOR ISSUE FOR SENIORS WHETHER OWNING OR RENTING. ARE THERE ANY SUGGESTIONS REGARDING THIS ISSUE?

It was the feeling of the participants that there are unrealistic financial limitations imposed on seniors when they apply for housing grants. If the income of a senior is above $ 12,000.00 he or she does not qualify; the upper limit should be raised. Concern was also expressed by those living in their own homes, especially widows. Day to day living expenses can be met but a major financial problem arises when a furnace or major appliance breaks down and must be repaired.

A suggestion by the seniors was that a shelter allowance be provided to assist seniors in staying in their own homes.

9. HOUSING ADEQUACY IS ANOTHER MAJOR ISSUE. HOW DO WE MAKE HOUSING AFFORDABLE AND ADEQUATE FOR THE SENIOR WHO, BECAUSE OF DISABILITY OR AGING AND DETERIORATING HEALTH, HAS SPECIAL NEEDS AND THEREFORE REQUIRES SPECIAL SERVICES?

Regarding this issue it was felt that government grants should be available to renovate large homes to accommodate seniors with disabilities and/or deteriorating health problems. In this manner several seniors could live in one large home converted to meet their special needs.

10. WHO WILL DELIVER OR PROVIDE ADEQUATE, AFFORDABLE HOUSING FOR SENIORS - THE PRIVATE SECTOR, GOVERNMENT, OR BOTH? THE WORKSHOP MAY WANT TO LOOK AT THE BROAD RANGE OF SUPPORT SERVICES REQUIRED IF THESE THREE ISSUES:

    a. AFFORDABILITY;
    b. ADEQUACY; AND
    c. DELIVERY OF SERVICE

ARE TO BE MEANINGFULLY ADDRESSED. HAS THE WORKSHOP ANY VIEWS ON "THIRD SECTOR HOUSING", I.E. DELIVERED BY COOPERATIVE OR NON-PROFIT GROUPS.

The roles of government and seniors in providing affordable housing were discussed. Some participants felt government provided too much in this area, that more control should be in the seniors' hands because government is not responsive enough to seniors' housing needs.

11. WE HAVE DEVELOPED A SOMEWHAT COMPLICATED STRUCTURE OF AGENCIES AND PROGRAMS IN HOUSING. SOME ARE FEDERAL, SOME ARE PROVINCIAL OTHERS ARE LOCAL. HAS THE WORKSHOP ANY SUGGESTIONS AS TO HOW THESE HOUSING AGENCIES MIGHT PROVIDE BETTER INFORMATION ABOUT THEIR PROGRAMS.

There was general agreement that information about housing programs from all levels of government was not necessarily reaching those individuals who might need it. There were four recommendations which might help reduce this problem:

- provide the information through church bulletins;
- have government representatives visit clubs around the province;
- enclose the information with the pension cheques;
- set up an information service in every municipality through the Nova Scotia Union of Municipalities.

It was emphasized that this information should be presented in such a manner that it is clearly understood in terms of size of print and language used.

HOME LIFE SUPPORTS & INSTITUTIONAL CARE

Chairman - Hedley Ivany
Board of Directors
Northwood Manor

Resource - Neil Ritchie
Administrative Co-ordinator
Cobequid Health Unit
Department of Health

James MacIsaac
Administrator
Rehabilitation & Community Services
Department of Social Services

Sheldon G. Langille
Executive Director
Associated Homes for Special Care

Recorder - Sherman Zwicker
Executive Director
Union of Nova Scotia Municipalities.

The format of the workshops on Home Life Supports and Institutional Care was to identify specific needs in this area. These needs have been listed below and do not follow in order of priority, but rather are listed as they were raised during the workshops.

- Need for broad publicity for the expanded homemakers' services, particularly at the level of municipal government.

- Need for universality of services and service delivery throughout the Province of Nova Scotia.

- Need for better coordination of service delivery as carried out by all agencies involved.

- Need for better services in rural areas.

- Need for additional occupational therapists.

- Need for clear definitions of roles of the Departments of Social Services and Health.

- Need for expansion of existing services provided by day hospitals, day care centres and respite care facilities.

- Need for expanded preventive services provided through local seniors clubs. Examples of these services are blood pressure and foot care clinics which could be delivered by volunteer workers.

- Need for further detail and explanation on the $400.00 per month available funding. (Social Services).

- Need for more extensive use of shared residential facilities, housing seniors with seniors and seniors with younger family members or suitable companions. Coupled with this would be the construction of semi-detached residential dwellings to existing homes and, where needed, necessary zoning amendments to permit same.

- Need to regenerate strong renewal of family commitment to senior family members.

- Need to stress recreational aspects for persons remaining in their own homes.

- Need for seniors remaining in their own homes to be kept in close contact with community at large, stressing need for regular visitation.

The participants in this workshop agreed that keeping the seniors as independent as possible, avoiding undue dependence on any agency or agencies, including government was essential. Expanded Home Life Supports program was believed to be the desirable alternative to institutional care. Concern was expressed over careful screening of the welfare recipients who will be trained to provide homemaker services.

More extended use of volunteers generally and senior volunteers in particular was stressed. A challenge to get involved in working with seniors might be suggested to the Lieutenant Governor.

HEALTH # 1

Chairman - Dr. E. A. (Electa) MacLennan
Director of Nursing
Dalhousie University (Retired)

Resource - Wayne J. Grady
Assistant to the Deputy Minister
Department of Health

Recorder - Joan Lay
President
Gerontology Association of Nova Scotia
Administrator, Roseway Manor

HEALTH # 2

Chairman - Edith Comeau Tufts, CM
Saulnierville, Digby County
Representing Universite Ste-Anne

Resource - Dr. John M. Gray
Chief of Geriatric Services
Camp Hill Hospital

Dr. Doug Archibald
Administrator
Psychiatric Mental Health Services
Department of Health

Recorder - Lawrence Currie
Medical Social Worker
Camp Hill Hospital

Two workshops on Health: Health # 1 and Health # 2 have combined the results of their discussions for the purposes of this report. Their summary of resolutions follows:

1. WHAT PLANS, IF ANY, SHOULD THE PROVINCE BE MAKING IN RESPECT TO DEVELOPING A COMPREHENSIVE PROGRAM OF CHRONIC CARE OF THE ELDERLY? (TYPE THREE EXTENDED CARE). WHAT PRIORITY SHOULD THIS PARTICULAR NEED HAVE IN RELATION TO THE OVERALL NEED FOR PROGRAMS AND SERVICES IN THE HEALTH FIELD? IS IT A HIGH PRIORITY?

The participants of these workshops felt that, in the interest of the individual being considered for chronic care, there is a need for a process of total assessment to develop an appropriate and accurate evaluation of the individual, his or her strengths as well as weaknesses. Building on the identified strengths there should be the provision of services to allow that person to remain in the community as an alternative to institutional chronic care placement.

Where level III care is required it should be provided and adequately funded throughout the province.

2. ARE USER FEES A MATTER OF CONCERN TO SENIORS?

3. HOW SIGNIFICANT IS THE ISSUE OF EXTRA OR BALANCE BILLING BY PHYSICIANS?

Questions 2 and 3 were not discussed in detail by the workshop participants.

4. HOME CARE IS A SIGNIFICANT ASPECT OF A BROADER PROGRAM OF HOME LIFE SUPPORTS. WE HAVE BEEN EMPHASIZING AND EXPANDING INSTITUTIONAL CARE OF THE ELDERLY FOR SEVERAL YEARS. WE ARE ONLY BEGINNING TO THINK OF THIS SECOND OPTION, HOME CARE MADE POSSIBLE BY A GREAT VARIETY OF HOME LIFE SUPPORTS. WHAT CAN WE REASONABLY EXPECT TO ACCOMPLISH IN THE NEXT FEW YEARS IN THE DEVELOPMENT OF HOME LIFE SUPPORTS?

It was felt, firstly that an expanded and co-ordinated network of existing provincial homemaker and homecare services be provided to seniors by individuals with standardized training.

It is also important that all municipal units establish the same guidelines.

Secondly, the wider use of an experienced, partially funded volunteer sector should be encouraged. Because seniors helping seniors is the emphasis, these volunteers should consist of retired as well as other interested individuals.

Lastly, it has been recognized that many communities have a need for specialized equipment for the disabled (seniors and others). The workshop suggested the government be asked to provide this equipment throughout the province. For example, group purchase plans may be used by co-ordinating the existing service groups that make provisions for this.

5. ARE SENIORS SATISFIED WITH THE KIND OF INFORMATION AVAILABLE TO THEM IN RESPECT TO THE USE OF DRUGS? SHOULD WE BE DOING SOMETHING NEW OR ADDITIONAL IN THIS FIELD?

The participants indicated that more research is required to examine how and why drugs are prescribed and dispensed in excessive quantities to the elderly. Also, it was expressed that information regarding the effects of particular drugs and drug combinations must be made more readily available to seniors. One example of a drug information program was that provided by St. John Ambulance. The suggestion was made that the booklet, "YOUR MEDICINE AND YOU" be updated and reprinted.

6. THE COSTS OF PHARMACARE ARE SKYROCKETING TO SUCH A DEGREE THAT FUNDS THAT MIGHT BE AVAILABLE FOR NEW PROGRAMS FOR SENIORS ARE BEING CHEWED UP BY THE PHARMACARE PROGRAM. ARE THERE ABUSES IN THE PROGRAM? IF SO, HOW COULD THEY BE CURBED?

There was general consensus that abuse of the pharmacare program does exist. One recommendation was that research into drugs should concentrate on the abuse and not only the use of the present system serving seniors.

To help prevent drug abuse the idea of provincial central computers, used by drug dispensers should be explored. As suggested by the participants this would enable a cross check on medications in use and also find ways to minimize the inconvenience of repeated trips to pharmacy, especially for rural seniors.

Another suggestion which might lessen the amount of drug abuse was that the initial prescription by a physician be of a minimal amount as a trial dosage for those drugs that may have questionable side effects. Workshops hosted by pharmacy associations should address senior citizens organizations describing all aspects of drug usage, which may also help to reduce the problem.

7. DO WE HAVE SERIOUS NUTRITIONAL PROBLEMS AMONGST THE ELDERLY:

   a. IN HOSPITAL?
   b. IN NEIGHBORHOOD?
   c. IN OUR HOMES OR WITH RELATIVES OR FRIENDS?

a. The participants in the health workshops felt that provincial inspectors of institutions should consult with residents as well as staff in assessment of adequacy of meals provided. This may alleviate some of the difficulties seniors experience in hospitals and institutions.

b. In the community, grocery shopping for one, was expressed as a concern for seniors. It was suggested that grocery stores around the province make available to seniors individual quality packaging. This should also extend to canning and the provision of smaller content cans.

Expanded nutritional information should also be made available to seniors in the community. A further suggestion was that a supplemental nutritional education program for seniors be implemented. Such a program may include large print cookbooks.

c. It was suggested that seniors living in Senior Citizens' Housing be provided with frost-free fridges.

8. DOES THE WORKSHOP HAVE ANY VIEWS OR OBSERVATIONS ON THE FOLLOWING TOPICS:

   a. PALLIATIVE CARE?
   b. GERIATRIC ASSESSMENT?
   c. PREVENTIVE HEALTH PROGRAM?

a. Palliative care was not addressed.

b. The workshop participants felt that in order to adequately reflect the total needs of the senior a total assessment,

including social, emotional and medical factors is required. This assessment could best be performed by a multidisciplinary team to reflect a holistic emphasis on intervention.

c. With regards to preventive health programs, participants thought that government should be commended for their existing health care promotion programs.

Yearly check-ups should be encouraged and provided to seniors in Nova Scotia. Funding should be provided to physicians to facilitate preventive medical care as well.

Transportation in the rural areas is an issue which government should address. Many seniors have difficulties reaching doctors' offices and local health clinics.

Another health topic that was raised during the workshops was dental care. Two recommendations emerged from discussions on this topic. The provision of a mobile dental clinic is required in Nova Scotia and increased knowledge and information should also be available for preventive dental hygiene. Dental insurance should also be made available through a subsidized care scheme for seniors.

VOLUNTARISM & PUBLIC INFORMATION

Chairman - Mrs. Roberta Way-Clark, B.A., Dip. Ger.
Mount Saint Vincent University

Resource - Joyce Ward
Executive Director
Senior Citizens' Information
and Service Centre
Halifax

Recorder - Kevin Ryan
Regional Manager
New Horizons Program
Health and Welfare Canada

VOLUNTARISM: ORGANIZING THE COMMUNITY

Chairman - Gordon Armstrong
Coordinator
Royal Canadian Legion Seniors Programs
Nova Scotia

Resource - Mrs. Connie Wenaus
Executive Director
Dartmouth Senior Citizens Service Centre

Recorder - Mrs. Barbara Hail
Member
Nova Scotia Social Services Council

Because of its vastness in scope, two workshops were held on voluntarism. They were - Voluntarism: Organizing the Community; and Voluntarism and Public Information. Public Information was added because it did not fit into any other category and also was not large enough to justify a separate workshop. The results of both workshops on voluntarism have been blended together, therefore offering a more comprehensive view on the issue.

Five problems were identified as hindering the optimal use of senior volunteers in the community:

Attitude - Many seniors will not acknowledge they are seniors. They may be unwilling to help and may expect too much from government and society. Others prefer not to mix with older people.

Financial - The cost of participating in volunteer activities may be too great for many seniors. Concern was expressed over accepting compensation for their services because of the possibility of losing benefits such as Guaranteed Income Supplement.

Information - There is a great dearth of information about the needs of seniors and of the skills seniors have. A list of volunteer jobs available with descriptions is needed.

Recognition - Better recognition of all volunteers is necessary. Senior volunteers must get more satisfaction from their efforts.

Transportation - This was considered a large problem for seniors, not only for volunteer work, but also for basic needs and activities. This problem is enhanced for those living in the rural areas. When transportation has been provided some seniors do not cooperate nor appreciate the service.

All workshops on voluntarism agreed that keeping the seniors in their own homes was a priority. Volunteer activity can benefit the general happiness and well being of both the givers and receivers involved.

The recommendations from these workshops which may help to reduce or alleviate the aforementioned problems while promoting voluntarism follow:

Self-help - Seniors were urged to assert themselves by expressing their needs rather than by having measures imposed on them. Seniors can achieve new goals and learn new things. They should change their attitude to a more positive one and motivate others to do the same.

Organization - The establishment of a registry or clearing-house was suggested by the participants. This would assess the needs of seniors and register the potential resources of volunteers. Existing centres related to aging may be approached to lend their expertise and serve to organize and bring people together. Both a Helpline for Seniors and more Drop-in Centres were suggested as support services. It was also felt that clubs and organizations should be encouraged to reach out to others rather than just catering to their own members.

Churches - It was considered easier for churches to organize volunteers in the community. Church programs could be better utilized as vehicles for providing information about voluntarism.

Finances - Tax considerations could be made to seniors giving time and private means to volunteer programs. Payment of out-of-pocket expenses would also encourage more seniors to participate.

Communication - All avenues of the media should be used to provide information on voluntarism and make it better known to seniors. It was agreed that maintaining good public relations with the local community and involving younger people with seniors would be a benefit.

It was also agreed that taking full advantage of the media is necessary. Senior groups should be trained in a workshop format to learn how to deal with the media.

A model - could be developed to guide local groups in organizing a volunteer program. This would give information, tell how to publicize the program, how to assess needs and how to make these needs known.

Education - This was seen as very important in a volunteer program. It would begin by informing seniors of what voluntarism is all about, how they can help and what to expect in a volunteer program. The training of volunteers for a specific job would be included here. It was suggested the Department of Education be involved in workshops. It was noted that Continuing Education has funds available and should be approached through the regional offices.

The school system was also seen as a means of getting young people involved with seniors. It would have the benefit of providing experience for job opportunities, as well as establishing intergenerational relationships between the young and old.

Recognition - The workshop participants stressed the need for reinforcement to give volunteers a sense of satisfaction. One suggestion was a system of giving pins for years of service. There was a general consensus that there should be uniform identification of all volunteers. Some delegates also objected to the practice of singling out one volunteer for special recognition.

The Senior Citizens Secretariat - was suggested as a sponsor for a pilot project in cooperation with the R.C.M.P. to promote awareness of the needs of seniors in their own homes.

The Role of Government - was seen as changing from that of an expected provider to that of an enabling body which would give information and guidance. Several delegates saw the need for a central organization over all smaller units but stressed that direct service be kept on a local level.

It was also suggested that government programs could be integrated to eliminate duplication of administrative detail, allowing for the release of funds for meaningful programs such as voluntarism. To provide universality of services it was recommended that the provincial government take over all health and social service programs.

A Coordinator - was considered by all workshops to be the key figure in a successful volunteer program with seniors. It is necessary to have a stable focus, someone always in charge, thus it should be a full-time person on salary. The participants felt seniors would come forward in this setting to offer their services with the assurance of back-up and control.

Specific Problems - such as snow removal could be helped by existing community resources such as the scouts, student programs, and individuals in correction centres who could be assigned to community work. The problems of transportation could be reduced by pooling cars, sharing expenses and raising money in seniors' clubs. In the urban centres transportation should be centralized for everyone to take advantage of it.

Homes for Special Care - were suggested for a central registry when available. It was noted that such facilities understand seniors and their problems, and could be a focal point for organizing seniors as volunteers.

CRIME AND ELDER ABUSE

Chairman - Professor M. Doreen E. Fraser
President
Canadian Pensioners Concerned
Nova Scotia

Resource - Dr. Roy A. Fox
Professor of Medicine, Dalhousie University
Consultant Geriatrician
Camp Hill Hospital

Neil W. Logan
Constable; Senior Citizen Advisor
Halifax Police Department

Resource - Rod Chisholm
Crown Prosecutor
Department of Attorney General
Antigonish

Recorder - Bob Haley
Chief Instructor
Social Services Training Programs
N.S.I.T.
Department of Social Services

The following recommendations emerged from the workshops on Crime and Elder Abuse. They have been arranged in order of priority according to the amount of time spent discussing the issue.

1. THAT there is a need for new legislation, guardianship and protective services for the elderly. It is important that professionals and the general public become more aware of elder abuse, but awareness is not effective unless appropriate laws exist.

Provision should be made for the reporting of elder abuse and neglect (anonymously).

An Act should be passed that is as strong and effective as the laws governing child abuse/neglect. The new laws should be similar to the legislation enacted in New Brunswick.

2. THAT a province-wide formal study be carried out to thoroughly investigate the incidence of elder abuse/neglect in Nova Scotia and that sufficient resources be made available through the Senior Citizens Secretariat to fund this study.

3. THAT a new public official be appointed - a public attorney - to whom persons who have been granted Power of Attorney would report, at least once a year, on the disposal of funds, etc.

   There is no formal means of accountability in this area at present and this is required.

4. THAT more public awareness of services and programs is required because respite care is available now and many people do not know this. This is also true of home care/homemaker services. In addition, community support groups should be formed.

5. THAT there is a requirement for day hospitals and further need for day care services.

6. THAT staff numbers, education, training, and attitudes be examined in all homes for special care so that homes can provide the broadest type of care required. There are a few concerns about the biological/physical needs of people being met in our homes but, in most cases, the numbers of staff are insufficient to meet the social and psychological needs of the residents.

7. THAT the Human Rights Act be amended to include senior citizens as a specific group against whom discrimination should be prohibited.

8. THAT adequate and uniform comfort allowances be established throughout Nova Scotia in homes for special care. The variances

in comforts allowances were mentioned as situations discussed where people were in homes and not aware that they qualified for this allowance.

9. THAT the medical and pharmaceutical professions become more aware of the amount and types of drugs many seniors are taking so that consideration may be given to better control medication.

10. THAT the public and seniors be made more aware of current scams and rip-offs and practical preventive measures.

11. THAT the use of restraints may be reflecting staff's needs and not allowing seniors in Homes for Special Care the freedom of normal daily risks and living. This matter should be reviewed wherever it exists to see under what circumstances it is essential.

12. THAT the "Neighborhood Watch Program" be implemented in all communities in Nova Scotia as a preventive measure to reduce crime against the elderly.

ACADEMIC AND EDUCATION SUPPORT

Chairman - Darrell Mills
Director of Vocational Education
Department of Education (retired)

Resource - Dr. George Gasek
Associate Professor and Director
Gerontology Program
Mount Saint Vincent University

Recorder - Professor Pat Conrad
Gerontology Program
Mount Saint Vincent University

The workshop on Academic and Education Support came forth with the following recommendations:

- The provincial government should expand or develop a broader view of gerontology. The concept of a geriatric centre as described in the Statement on Aging places emphasis on only the medical aspects of gerontology. There is also a need to develop a "gerontology institute" which would focus on promoting a "holistic" approach to aging issues.

- Gerontology education should be made available to all segments of the population. The Department of Education should consider ways of integrating information on aging into existing school curricula from elementary to high school. Such information and activities could include visitation of senior clubs and centres; adopt a grandparent/older friend program; etc.

  The participants also felt that all professional schools need to assess the content of their curricula as it applies to gerontology, to consider the kind of experience and exposure their students need to receive to help develop positive attitudes towards aging and older people.

- A clearinghouse be developed having the responsibility for collecting, compiling and disseminating information on gerontology for seniors and the public.

- A catalogue of resource people with expertise in gerontology who would be willing to speak to senior clubs be developed. This might include professionals and academics both employed and retired from across the province.

- The workshop participants felt that a position of coordinator should be created for the province. This person would visit clubs and councils informing older people of what information and educational programs are available for them.

- That the universities continue to encourage education of seniors by continuing to offer free and/or reduced tuition for plus 60 students.

- A national organization be formed in Canada similar to the American Association of Retired Persons.

- All paraprofessionals such as homemakers and nursing assistants receive education about gerontology to increase their understanding of aging in addition to their education in developing skills to care for older people.

- A need exists to include education about gerontology in all professional programs. Such programs should include nursing, medicine, social work, education, law, architecture and rehabilitative programs.

- A need also exists for coordination of all research projects carried out through schools, government departments and private organizations involving personal contact with seniors either institutionalized or in the community.

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Dr. J. R. C. Perkin, President of Acadia University reported to a plenary session on Tuesday afternoon with a summary of the workshop recommendations and findings. Dr. Perkin's summary follows:

"SENIORS HELPING SENIORS" - SUMMARY

It is both a pleasure and a privilege to participate in this conference.

My summary of the work of twelve workshops will attempt to do five things:

1. Sketch the context in which this conference took place.
2. Describe something of its spirit and atmosphere.
3. Report in summary, some of the discussions.
4. List some of the recommendations formulated by various groups.
5. Make a few personal observations.

I. THE CONTEXT

(a) In July 1982, an international conference on aging took place in Vienna. The symbol was "The Tree of Life" and the emphasis was on the pleasures and problems of aging, seen on the global scale. Inevitably there was a considerable political element in the arrangements and discussions.

In October 1983, there was a national conference in Ottawa -- "Challenge to Action" -- arranged to deliberate on the special needs of the Canadian senior citizen. One of the chief emphases was on the professional, as different specialists concerned with the elderly brought their experience and views.

In June 1984, we meet in Antigonish for a provincial conference on the theme "Seniors Helping Seniors." One of the key features in this gathering is that there are no theme addresses by experts but deliberative workshops for seniors with professionals as resource personnel.

So the sequence is international-national-provincial, and political-professional-seniors themselves.

However, we should not forget that these aspects are all linked together. What we do in Nova Scotia is part of a larger Canadian scene, and what Canadians do is part of a world view on the subject of the aged.

Nor should we isolate the political from the professional and the professional from the seniors themselves. On some matters, the seniors know best; on some issues, professionals have special insights to offer; on many issues, the problems we face have political solutions. What I am suggesting is that in addressing our personal and local problems, we should not lose sight of the larger scene, and in offering our opinions, whether we are politicians, professionals or senior citizens,

we must realize that few things are achieved by confrontation, many are achieved by co-operation.

(b) Another aspect of the context in which we meet has to do with demography: the statistics about people. At present 10.9% of the people in Nova Scotia are over 65. The best estimate for 2001 indicates that 11.6% of the population will be over 65. But while the number of seniors will go up, the number in the work force will go down. So unless plans are laid now to provide for the services required in 15 years' time, either the government will be struggling to meet the need, or the work force will be overburdened with taxes. There is another possibility, which is rather frightening to contemplate - that the level of service to seniors might actually grow worse instead of better.

So one feature of this conference is that there is a challenge to address today's issues, but also to look ahead to a rapidly changing proportion of seniors in our communities.

(c) We also meet in a context of study. More is being said and written about senior citizens than ever before. I have read with some care and great interest the report "Statement on Aging and the Aged" and would like to compliment those who put it together. It provides the framework for almost every issue raised here since Sunday evening. All of those who wish to make a contribution to enriching the life

of Nova Scotia's elderly citizens should read the report, learning therefrom what we are doing well, what we are doing not particularly well, and what we are not doing at all.

(d) Lastly, I suggest that one aspect of the context in which we meet can be summed up in the word "concern". Seniors are concerned for themselves, and for one another, and for the community and country. A host of professionals is concerned to do the best they can for those who have retired. We all recognize that today's seniors are the real builders of modern Canada; are, in many cases, veterans of the Second World War; have lived through times of depression, conflict, affluence and rapid change; and therefore we owe to them the best recognition we can give.

There is increasing political power in the hands of the retired citizen. I believe politicians know this and will have to come to terms with it perhaps in dramatic ways during the next 15 years.

Many other aspects of the context could be listed, but let me make a brief comment on the spirit and atmosphere of this conference.

II. SPIRIT AND ATMOSPHERE

Certainly there has been full involvement of the participants. They have sung outside residences at a time

when respectable grandparents should have been in bed; they have danced some steps which are either so old that I am too young to remember them, or are the pioneers of a new dance altogether; having complained that stores do not package goods for one person, they have happily carried trays from the servery with enough food for three meals; and they have kept the politicians and professionals firmly in their places.

On a more serious note, I record that the participants have come prepared to speak and to listen, to support and to disagree, to consider very local or national issues.

In short, if the Senior Citizens Secretariat is not getting input at this conference, I am not sure where it will ever get it.

My problem, as will quickly become apparent, is not how to dream up a few ideas to make Dr. MacKinnon happy, but how to set down a selection of the hundreds of ideas presented in the workshops. If I get out of here alive this afternoon, I shall claim success!

III. SUMMARY OF DISCUSSIONS

There were twelve workshops, some of which were duplicates and others of which related closely to one another. Hence it is possible to reduce the areas to eight which I will treat in alphabetical order.

(a) Academic and Education Support

The emphasis here was not on what further education seniors may acquire, but on two kinds of study of the elderly.

First, it is necessary to build into school and university curricula an appreciation of the senior citizens -- the contribution they have made, the role they play in society and the special needs they have. This could be called an "awareness programme" or sensitizing students to the place of seniors and the process of aging. Another way of putting this would be to say that gerontology should be a part of every student's education.

Second, there is a need for research and specialized education in the field of geriatrics. Trained geriatricians are needed to head teams of professionals, all of whom are employed to work with and for the elderly.

In this group, as in many others, participants wondered what would happen to their views and recommendations. At the recorders' session, it was agreed that each set of notes will be typed and recommendations highlighted. These documents will then be distributed to members of the government and to various agencies. You may be assured that your views will not be ignored. A major purpose of this conference was to hear your opinions; full note will be taken of them.

(b) Crime and Elder Abuse

A major concern of this group was the absence from Nova Scotia of any legislation which guarantees specific rights and protections to the elderly. In New Brunswick there exists an Act Against Family Violence which provides certain protections at each age level. One section reads:

> Where the Minister has reason to believe that a person is a neglected adult or an abused adult, he shall cause an investigation to be made and, if he considers it advisable, may request and authorize a medical practitioner to examine and report on the physical and mental condition of the person and the care and attention he is receiving.

Another suggestion was that the Human Rights Act be amended so that it apply to seniors in addition to racial minorities, the disabled, and women.

Concern was expressed over staff ratios in Homes for Special Care.

Some believe that various commercial firms providing equipment for the elderly maintain an inflated price level, knowing that there is an assured market. Members of this group wished to stress that elder abuse is not only to be thought of in terms of physical violence or deliberate neglect but also of harassment and financial manipulation.

In terms of personal safety, it was noted that Nova Scotians, particularly those in rural areas, are very trusting.

They are not as suspicious of strangers as urban residents and so are sometimes the subject of violence or confidence tricks.

(c) Health

Health care is of great concern to seniors; many of whom need reassurance more than medication.

It was stressed that in cases where chronic care is being considered, a total assessment is necessary, so that the service not only meets the needs but also utilizes the strengths of the individual.

There is a need for an expanded and co-ordinated home maker and home care service, for fuller use of volunteer services, for easier availability of specialized equipment, and for the provision of mobile x-ray and physiotherapy and occupational therapy equipment.

While there is a significant paediatric component in medical and dental training, there is no correspondingly major geriatric element in medicine and dentistry.

Concern was expressed at the ease with which drugs are prescribed for the elderly, sometimes without adequate explanation of their possible effects.

Nutrition is an important part of health, but seniors sometimes lose the habit or desire of preparing proper meals. The so-called "family packs" available in supermarkets should

be complimented by provision of single servings.

Inspectors who visit institutions should consult residents as well as staff concerning the suitability and adequacy of meals.

There was discussion of the need for regional geriatric assessment clinics providing comprehensive services on a decentralized basis.

(d) Home Life Supports and Institutional Care

There was some discussion as to whether Home Care or Home Life Support is the right term, but the thing that emerges clearly is that seniors wish to have the option of remaining in their own homes for as long as they wish and are able to cope, provided there is help.

Items such as foot care, occupational therapy, blood pressure checks, dental consultation and meals on wheels can all be provided in the home. The senior is probably happier there and the services are cheaper than total institutional care.

It was stressed that home care programmes should be administered at the municipal level.

The concept of Day Hospitals or Day Centres was considered and commended.

Once again the role of volunteers was stressed. They may visit or keep in touch by telephone or do a variety of practical things.

One of the new phenomena of our age is that an increasing number of retirees find themselves looking after a parent -- someone of 67 taking care of a 90-year old. Such a home has special needs which should be addressed.

In this group, as in several others, the need for regional geriatric assessment centres was stressed.

(e) Housing

A house represents the largest investment most people make in a lifetime. It becomes a part of the individual's or family's identity. So to lose it is a traumatic experience; seniors very often find it hard to settle in other accommodation, even when it is specially designed and built.

So it is not surprising that probably the outstanding issue at this conference is housing. Rent control is a major concern for those who rent accommodation on the open market.

It was stressed that seniors should be involved in choosing the location of senior citizen housing, in advising architects and builders, in selecting equipment.

For example, doors should be wide enough for wheel chairs, controls should be on the front of an electric stove,

a refrigerator should be frost-free, and parking facilities should be near the accommodation.

Admission procedures for senior citizen housing are not understood and so are not regarded as fair. There seems to be a lack of information about the procedures governing housing in all its aspects.

A second group also discussed housing and it was unanimously agreed that no more privately owned, profit homes for special care should be built in Nova Scotia. The same group stressed the need for what the "Statement on Aging and the Aged" referred to as respite care. The examples of this scheme in Nova Scotia are very few, but it enables those looking after an elderly person to take a holiday knowing the senior is in good hands.

A sense of security is often denied the senior resident. Security could be increased by a daily telephone call, an alarm button connected to the front desk of the unit or to the police or fire station, or to a friend's house.

It is important to note that many of the concerns expressed in the discussion of housing are already being addressed by government, especially as they relate to the design and construction of special accommodation. There is a long way to go, but definite progress is being made.

(f) Income Support and Pensions

One of the main observations from these groups was that more flexibility was needed with pension plan provisions. It was considered that a mandatory retirement age of 65 is not sufficiently flexible to meet the existing situation. It should be possible for people of normal retiring age who enjoy good health and who are needed in the work force to continue their employment, although they would not receive pension support until they retire. Some people disagree with this position and believe that compulsory retirement at age 65 on a significantly increased Canada Pension provision is the most appropriate course. This position may be advocated in view of the high unemployment in the country and the province at this time.

There was a desire to see fully portable, indexed pensions.

It was agreed that some scheme should be devised for those who have never belonged to a pension plan but have been home makers. They should have a pension.

Homes providing nursing care should come under the Department of Health with the costs being met through MSI or a similar scheme.

There is strong support for any measure which allows

those senior citizens who wish to do so to stay in their own homes.

The issue of universality versus selectivity in relation to Income Support Programmes was discussed. A universal scheme is favoured. Obviously there is a high cost associated with such a decision.

(g) Retirement and Leisure

As with some other groups, the majority favored flexibility, but did not favor mandatory retirement at age 65. It should be borne in mind that many employers are encouraging people to take early retirement.

There is a keen awareness, not only in this workshop, of the need for pre-retirement courses. These may be less essential for professional people than for others, but all may benefit. Where offered, courses should be open to spouses.

There is great scope for volunteer work on the part of those retired -- this is a real example of "Seniors Helping Seniors." However, the work of volunteers should not be taken for granted; it also needs to be co-ordinated.

(h) Voluntarism

The two workshops dealing with this topic focussed on organizing the Community and Public Information.

The first noted that many seniors are unwilling to become involved. They may expect too much from government at all levels. Sometimes volunteer activity is expensive, but if remuneration is given the volunteer may be in danger of losing some benefits.

There is a problem of communication about volunteer projects; the co-operation of the media is essential.

It is recommended that seniors, as individuals and groups, become more assertive in making demands and giving information about their activities.

Two themes which will be mentioned later were recommended by this group: the need for paid co-ordinators of volunteer programmes and the need for regional centres for senior citizen information and services.

As regards public information, it was suggested that seniors might benefit from a workshop on how to prepare material for the media and how to take advantage of the facilities of cable television which is available in many communities.

* * *

From all the above discussions, which have been reported only on a highly selective basis, are any key recommendations identifiable? Of course I recognize that all recommendations are important to those who made them, but

some are more comprehensive than others. I will list six.

IV. SOME RECOMMENDATIONS

1. THAT the Department of Education advocate the inclusion of information on gerontology in all appropriate courses at all levels of education.

2. THAT a province-wide study be made of elder abuse/neglect.

3. THAT, in an attempt to allow seniors to be as independent as possible for as long as possible, a thorough study be made of voluntarism. It is recommended that volunteers be recognized in some way and that their activities be organized by a paid co-ordinator. It is suggested that the Lieutenant-Governor be invited to issue a challenge for volunteers to work to the end that seniors may remain in their own homes.

4. THAT some services be increased to include x-ray, dental, physiotherapy, occupational therapy, and other kinds of care wherever this is possible.

5. THAT an in-depth study be made of the following topics:
   - the need for new and additional subsidized housing units for seniors.
   - the strategic location of additional housing units.
   - admission procedures.

- rental charges and arrangements.
- design and location of housing units for better co-ordination with Homes for Special Care.

6. THAT the province establish a series of regional geriatric assessment centres, providing a comprehensive range of services and projecting them, wherever possible, into every community.

There are, of course, many other important issues. When the workshop reports are fully written, typed and made available, these other recommendations will receive proper attention.

In closing this report, I would like to make a few personal comments.

V. PERSONAL COMMENTS

Underlying all the discussions which have taken place are some tensions. I urge participants to recognize these tensions and not try to take a simple way out by going to one extreme or the other.

(a) Centralized service and decentralized service -- there are certain services which can only be provided by government or by a large hospital or by a large senior citizens' housing unit. There are other services which can best be provided on a decentralized basis. I urge seniors to recognize that

certain things have to be done in Ottawa or Halifax; I urge administrators, wherever possible, to take their services to the local community, perhaps even to the individual home.

(b) There is a tension between government provision and individual independence. Many things may be done easily by giving up personal independence, but the price may be too high. Local autonomy should be safeguarded. Government should be the source of professional help and administration; it may provide some funds. It should not be our first port of call for money for every scheme.

(c) There is tension between the paid co-ordinator and the volunteer. If everything is left to the volunteers, sooner or later confusion will develop and people -- the ones we are trying to help -- will be hurt. If everything is left to paid personnel, things will become expensive and perhaps lose the personal touch. A balance must be kept.

(d) There is tension between urban and rural schemes. Nova Scotia is a small province, but it is not a single community. The transport problems in the country are much more acute than in the town. People's habits and attitudes may be markedly different, so any scheme must be flexible and kept in balance.

Having said all this, I would suggest that, as we have gone from Vienna, to Ottawa to Antigonish, we probably need

a series of regional conferences to deal with certain very specific issues. Among them I would list transportation, information and housing. I think some local groups, such as service clubs, churches and schools, might learn new ideas of service from these conferences.

* * *

In 1963 I visited my father, who was living alone. The local doctor was with him, drinking a cup of tea. He called in every four or five weeks, as he did with all his elderly patients. When he left, I saw him to his car and thanked him for dropping in and said it meant a lot to my father. The doctor's reply has remained with me ever since. He said, "I don't know much about medicine, but I know something about people." Actually he knew a lot of medicine and a lot about people.

True professionalism always has a human face.

* * * * *

Honourable Doctor Gerald Sheehy, Minister of Health attended the closing plenary session and spoke to the delegates.

The head table guests at the closing banquet, Tuesday, June 12, were introduced by the Chairman, Honourable Jack MacIsaac, Minister of Transportation and Chairman of the Senior Citizens Secretariat. The list of these guests follows :

Reverend Ralph Webber
Minister, St. James United Church
Antigonish

Mr. Gordon Armstrong
Co-ordinator
Royal Canadian Legion
Seniors Program

Mrs. Edith Harvie
Past President
Canadian Pensioners Concerned

Dr. Gregory A. MacKinnon
President
St. Francis Xavier University

Mr. Jack Glassey
Chairman
Senior Citizens Commission

Honourable John M. Buchanan
Premier of Nova Scotia

Dr. Fred R. MacKinnon
Director
Senior Citizens Secretariat

Dr. Jim Perkin
President
Acadia University

Ms. Valerie White
Chairman
Conference Planning Committee

Mr. Donald MacDonald
Director of Income & Economic Policy
Health & Welfare Canada

PREMIER BUCHANAN'S ADDRESS

Mr. MacIsaac introduced the Premier, the Honourable John Buchanan, who spoke to the more than 350 guests assembled. The Premier's remarks follow:

From the spirit we all feel in the room tonight and from all I have heard, you have had a most stimulating and productive conference -- the first such conference organized by any Province to follow up the 1982 World Conference on Aging in Vienna and last October's National Conference in Ottawa.

96,000 Nova Scotians who are senior citizens are not only valued: in the fullest sense of the word, you are treasured.

We have asked here particularly for your views and comments on the subject matters of three important documents - The Report of the Nova Scotia Royal Commission on Pensions; and the Discussion Papers from our Senior Citizens Secretariat on Aging and the Aged, and from our Senior Citizens Commission on Retirement Age.

Your discussion leaders tell me that your dialogue here has been wide-ranging and inspiring and I wish to respond by explaining to you what I see as the next steps in the process.

Let me first say that I am delighted that your conference chairman has arranged that the reports from each of your working groups are to be published and distributed to each of you and to us in government.

Your reports will be invaluable in the onward process.

In the light of this consultation with you, and the reports from your discussions here, I am directing that the Minister of Finance meet with the seven Cabinet Ministers who form the Senior Citizens Secretariat, and bring to Cabinet, in late October or early November, recommendations, in the order of their priority, arising out of the Royal Commission Report and your comments upon it.

With regard to the Discussion Paper on Retirement Age from the Nova Scotia Senior Citizens Commission, the Minister of Social Services will bring comments to the Senior Citizens Secretariat to be included in the Government's consideration of the Royal Commission Report.

Again, your views, as expressed at this Conference, will be taken into close and careful account.

The Discussion Paper on Aging and the Aged from the Senior Citizens Secretariat is intended to form the backdrop for both government and private response. It is not a document of specific recommendations, but it will be reflected in further steps of benefit to senior citizens.

I have asked the Chairman of the Secretariat to encourage regional meetings, in cooperation with the Senior Citizens Commission, and to make comments to Cabinet, side by side with the Royal Commission Report.

In all of these next steps you will see that your views, expressed here at this great conference, are indeed important parts of the decisions we will be making.

There are three other matters to which I wish to refer.

During the Session of the House of Assembly which closed yesterday, the Minister of Health, who has been attending this conference, brought into legislation, on behalf of the Government, a law that prohibits extra billing by doctors for professional fees, while providing them with a fair and equitable method of remuneration.

We value the cooperative manner in which the Nova Scotia Medical Society has worked with us to achieve this commitment -- no government of which I am Premier will permit extra billing.

I know that this has been an important concern to you and the Government is pleased that it is now the law -- there will be no extra billing.

I also want again to assure you that there will be no user fees in hospitals in Nova Scotia.

We also legislated an annual observance of Nova Scotia Senior Citizens Week, and I wish now officially to proclaim next week, June 17 to 23, as 1984 Senior Citizens Week.

Following our banquet, we would like you to sign the proclamation. If the space provided is not sufficient, please sign on the proclamation itself. We will have the proclamation document at the entrance to this McKay Room for your signature following our banquet.

We have had under way, in the Department of Social Services, what we believe is the most far-reaching review of special care homes ever undertaken in Canada, the report of which will now be intensively reviewed with the Union of Nova Scotia Municipalities and with the Associated Homes for

Special Care. We will also be discussing with municipal representatives the desirability of exempting from assessment increases, renovations to help senior citizens and disabled persons live in private accommodation. For many senior citizens, and for many disabled persons, such special care homes are needed. There is an important place in the total response system for such facilities because many people are living longer and in certain circumstances are most helped in a special care facility.

But we also require, for a fully rounded response, a second arm. On April 3, I announced in the House of Assembly a Home Supports Program, to encourage and assist people to remain in their own home and in their own communities for longer periods of time.

Home Support, as we intend it, is a broader concept than Home Care. It contains everything in Home Care, but goes further.

It can include such services as homemakers, handypersons, home repairs, housing initiatives, transportation programs, telephone reassurance, some snow shovelling.

We will be more than doubling the expenditure and commitment on Homemaker Services, which have been developed by the Government over the last five years.

I am pleased to announce that the first 60 of 179 additional homemakers will commence service next month, and we will add the remaining 119 homemakers by November.

When I became Premier in 1978, I said that among our senior citizens "we find lifetimes of experience, education knowledge and wisdom. We must encourage those who are able, and those who are willing - and I know there are many - to continue to use their acumen for their benefit and the benefit of society as a whole. We must not lose sight of their achievements and of their ability still to achieve."

On this theme of your conference, "Seniors Helping Seniors", I have been very interested in a comment made in the Secretariat's Statement on Aging and the Aged:

> "All of this leads to a final question. What should the role of the provincial government be? Experience has proven that voluntary effort will not develop and prosper without an infrastructure to give it encouragement and momentum. Without moral and financial encouragement, citizens become weary in doing voluntary work and well intentioned efforts eventually come to naught.
>
> Accordingly, therefore, there may be a role for the province funding an infrastructure that would encourage the voluntary agencies to which we have referred. A coordinated system of volunteers, preferably including young people, would thus develop, which would work with the elderly in providing voluntary community support programs such as those referred to in this section. The emphasis should always be on encouragement of local citizen effort, keeping in mind that the primary responsibility for initiating and maintaining services rests not with government, but with the local community."

And so we have begun in our support of voluntary agencies. We now permit, to those volunteers who wish it, reimbursement of their out-of-pocket expenses - not payment for their time and efforts and skills, but for the incidental expenses they may incur in volunteering them.

We have also initiated a $ 200,000 demonstration fund to encourage and assist even more voluntary support from citizens' groups, the Royal Canadian Legion, church-based organizations, organized labour and others.

We believe that if home supports are to be fully effective and are to assume their rightful role, encouragement and assistance to voluntary service must be assigned a priority, and we are giving it.

One suggestion which we have heard from your dialogue here is formation of a volunteer council in each municipality, and we will be glad to review that with municipal leadership.

The Department of Health is now developing a diagnostic and consultation centre in geriatrics, as part of the new Veterans' complex. There is still much to learn about illnesses associated with aging, intensive research and highly-skilled geriatric services are the first steps towards meeting this need. We have made a beginning

by retaining the first three consultants in geriatric medicine.

A whole statement could be made, Mr. Chairman, of the great role of Nova Scotia Universities, such as Saint Francis Xavier, in providing not only valuable free tuition for senior citizens but in a whole range of research and scholarship and the development of a community of professional experts to serve the senior citizens of our Province.

Mr. Chairman, there are many other important matters to which I could refer -- property tax rebate, day hospitals, the deepening and broadening of research, rental subsidy, the great concern we must all have to suppress elder abuse, annual seniors' Special Assistance payments, inter-generational programs with seniors especially involving our youth, special housing and education programs for senior citizens.

But may I comment on only <u>one</u> other matter.

We are in favour, and have so advised the federal government, of early improvements in the Canada Pension Plan, to include automatic sharing of benefits when the younger spouse in a marriage reaches age 65, and an

improvement in the calculations, which would have the effect of increasing the pensions.

But we have said, to the federal government, we think realistically, that any such changes must be accompanied by an understanding and agreement regarding the income of the pension fund from which those improved benefits can flow.

One of the great attributes that you bring to our society is your concern, not only for your own well-being, but that the society you have helped so much to build shall be made better for your children and grandchildren. You want to leave a legacy of improved conditions, not debt, to those who come after you.

We have urged that there be the earliest possible meeting of provincial and federal ministers on these pension improvements, and we are prepared to agree.

Mr. Chairman, no one realistically expects that Government can, or should, solve all problems. The improvement of existing programs, and the development of new programs, will have to match the available resources and the needs of all our people throughout the province. There are some things that can be done which need not

cost money, and those, too, should be done.

We are optimistic about this decade in Nova Scotia and about Nova Scotia's prospects for greater prosperity. I renew the commitment of my Government -- so long as I am Premier, we will listen to your views, consult with you as we have at this conference, and make decisions that are as caring and compassionate for you, and for all of our people, as we can make.

* * * * * * * * * * * *

During his address, the Premier presented awards to Major Osborne Crowell of Halifax and Lottie Morrison of Sydney for having the distinct honor of being the eldest male and female delegates at the Conference on Aging and the Aged. Miss Morrison is 94 and Major Crowell is 86.

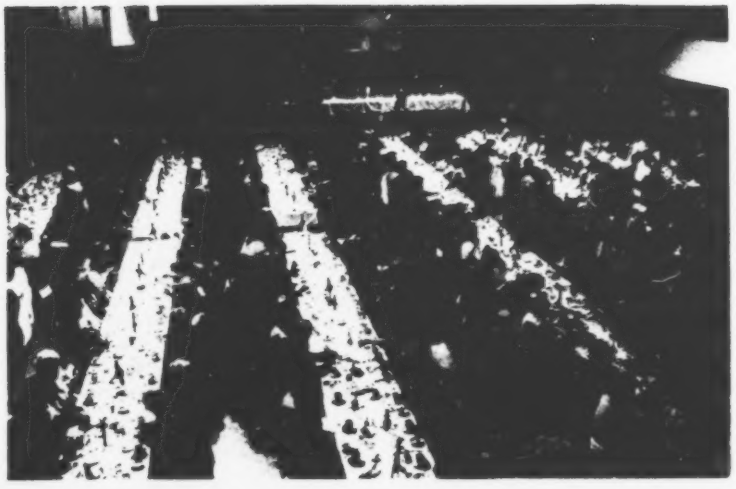
Honourable Jack MacIsaac, Chairman of the Senior Citizens Secretariat, presented Dr. Gregory MacKinnon, President of Saint Francis Xavier University, with a gift of a painting on behalf of the Government of Nova Scotia as a small token of appreciation for hosting a successful conference.

The Chairman closed the plenary session with a few brief, well-chosen remarks, wishing the delegates well and thanking the university, the planning committee, the delegates and all who contributed to making the conference an outstanding success. The session closed with the singing of God Save the Queen.

CLOSING BANQUET, TUESDAY, JUNE 12

HONOURABLE JOHN BUCHANAN
PREMIER OF NOVA SCOTIA,
ADDRESSING THE DELEGATES

LOTTIE MORRISON AND MAJOR
OSBORNE CROWELL ACCEPTING
GIFTS FROM THE PREMIER, AND
THE HONOURABLE JACK MacISAAC,
CHAIRMAN FOR THE EVENING



VIEW OF DELEGATES ATTENDING
CLOSING BANQUET IN THE
MacKAY ROOM

The members of the Conference Planning Committee who organized the Nova Scotia Conference on Aging and the Aged are:

Chairman - Valerie J. White
Co-ordinator
Senior Citizens Secretariat

Members - F. R. MacKinnon
Director
Senior Citizens Secretariat

Dan H. Johnson
Treasurer and Facilities Co-ordinator
Conference Planning Committee

Harold T. Peckham
2nd Vice President
Federation of Senior Citizens and Pensioners
of Nova Scotia

Dennis W. Kerr
Director of Field Services
Nova Scotia Department of Housing

John G. Glassey
Chairman
Senior Citizens Commission

Gwen Pickering
Chief Administrator
Nova Scotia Department of Social Services

Doreen E. Fraser
President
Canadian Pensioners Concerned
Nova Scotia Division

Frances Sutherland
Consultant Dietetics
Nova Scotia Department of Social Services
Representing Gerontology Association
of Nova Scotia

Gerrie Masters
Director, Policy Development and Research
Nova Scotia Department of Municipal Affairs

Allan Clark
Co-ordinator
Senior Citizens Commission

Nelson Ellsworth
Regional Representative Halifax
Nova Scotia Department of Culture,
Recreation and Fitness

Dan MacLean
Supervisor, Continuing Education
Nova Scotia Department of Education

Gordon Armstrong
Co-ordinator
Royal Canadian Legional Seniors Programs
Nova Scotia

Edna R. Walsh
Director, Community Health Nursing
Nova Scotia Department of Health

Dr. John M. Gray
Chief of Geriatric Services
Camp Hill Hospital

Gregory Gammon
Supervisor, Staff Training
Nova Scotia Department of Social Services

Rusty MacClelland
Information Officer
Policy Board

With the assistance of:

Linda Laffin
Information Officer
Nova Scotia Department of Municipal Affairs

Jim Drolet
Senior Planning Technician
Nova Scotia Department of Municipal Affairs

Audrey Manzer
Librarian
Nova Scotia Department of Municipal Affairs

EVALUATION SHEET COMMENTS

An evaluation sheet was distributed to the delegates during their final workshop Tuesday morning. Of the 336 delegates attending the conference, 219 responded. The results of their reaction to the conference follow:

1. PLEASE INDICATE YOUR OVERALL EVALUATION OF THE CONFERENCE.

EXCELLENT 102 VERY GOOD 88 GOOD 22 FAIR 2 POOR ___

2. DID THE CONFERENCE MEET YOUR EXPECTATIONS?

YES 214 NO 5

COMMENTS:

- Really exceeded expectations.
- Most informative.
- The overall planning and input from the delegates was more than I expected.
- Many areas of abuse discussed which I had not been aware of.
- Yes and No - was not sure what to expect. It is such a broad topic and input from seniors is needed.
- It offered an exchange forum for the expansion of seniors programs and underlined the feeling favouring more volunteerism to ease the cost burdens on government.
- Great organization.
- No, I was not allocated to workshops of my interest, checked in my application.
- Suggest that teams be picked by class for each subject and presented with one more day to evaluate finally!!!
- Not enough concrete information although the sessions had many informative members.
- One complaint - I did not get to attend all the workshops I had indicated on the entrance form.
- I did not come with any specific expectations.

- The sessions were informative and worthwhile.
- Not knowing what to expect I was very pleased with the conference.
- Yes, but could have been more positive suggestions made.
- Yes, but felt some of the workshops were dominated by resource people.
- Has been most constructive.
- Yes, but a bit manipulative.
- Yes, but needed more communication with the panel members discussing questions.
- Yes and no. So many things to discuss relating to problems that we never can solve.
- Yes, bearing in mind my expectations were not too high to begin with.

3. DID YOU HAVE AN AMPLE OPPORTUNITY TO EXPRESS YOUR VIEWS AND PARTICIPATE IN THE DISCUSSIONS AT THE WORKSHOPS?

YES 213 NO 6

COMMENTS:

- The Chairpersons gave adequate opportunity for a wide range and the recorders faithfully set the ideas to paper.
- All were given ample time to do so.
- Some perhaps a little too aggressive but all a part of learning and accepting.
- Too much was centered in the Halifax-Dartmouth area in housing.
- Yes, I may not have been able to contribute very much, but it was educational.
- Yes, except that each workshop had not adequate time for complete coverage.
- Yes, for A & B workshops (really enjoyed) but No for Workshop C. I was scared to death to ask questions. Began with talking too loud. Also, everything hurry, hurry, hurry. Too strict.
- Excellent resource people in home Life Supports and Institutional Care.
- No, 2 days discussion, 1 day team evaluation and then chair the evaluation of results.

- Time too brief.
- Yes, if I didn't participate it was my choice.
- At one group, we divided into smaller sections (6 - 7 people) which made it much easier to participate and meant that the same ones were not speaking too many times.
- No (c) We will know more about this Home Care but the question on Family Life with seniors could or should have been discussed a little more.
- Yes, a good chairperson is the backbone of any group of intelligent people!!
- Too many in the workshops.
- No, the folks who were more financially comfortable voiced dissention on the need of the lower income people. What would they do if the situation were reversed?
- Sometimes, discussions strayed to individual stories. Overall views and participation was ample.
- In order to express your views, there was not really enough time to give all delegates a chance to speak out.

4. WHICH WORKSHOPS DID YOU ENJOY THE MOST?

Income Support and Pensions	58
Home life Support & Institutional Care	30
Health	64
Retirement and Leisure	40
Housing	55
Voluntarism and Public Information	29
Voluntarism Organizing the Community	35
Crime & Elder Abuse	30
Academic and Educational Support	30

COMMENTS:

- Housing - This was not very interesting, I felt the staff was not serious about the issues concerned.
- Health & Elder Abuse were the workshops attended. I found them most informative and expect to use the material at meetings of my club and county council.

- Mr. Armstrong was a good chairperson.
- Crime & Elder Abuse - excellent and well presented.
- They were all very good - also well controlled so no time was wasted.
- Enjoyed all for different reasons.
- Retirement & Leisure was excellent.
- Tuesday morning session, Retirement 7 Leisure, I enjoyed the absence of noise and loud talking from adjoining groups.
- Not impressed with Housing #1 Monday morning.

5. HOW COULD THE CONFERENCE HAVE BEEN IMPROVED?

- Don't think it could
- Too much adjacent noise making it difficult to follow discussions.
- We needed more information on the subjects discussed and more input from those attending.
- Not really enough time to thrash out problems tnat are very real to people concerned.
- Smaller groups and one more day.
- More speaking from the chairman and the panel and less from the backbenchers.
- To be placed in groups of 6 and given choice then jointly raise points for discussion instead of a round table talk.
- Longer periods for discussion. Some had no time to speak.
- I enjoyed everything but the very strict lady in G.
- Congratulations for so much caring. Continue this and we are bound to go ahead.
- Just so many stairs.
- Good question.
- More representation from other groups of society; i.e., churches, medical associations, nurses who could have provided their input.
- The planning committee are to be congratulated for their selection of a terrific site. For this Conference, the University setting was excellent.
- In the Housing Workshop, the chairman could have discouraged the airing of petty beefs and encouraged a broader understanding of the overall issues.

- To have been assigned to workshops of my choice and interest.
- Noise factor too distracting.
- Having two or more groups in the same room is very disturbing when trying to listen or speak.
- A positive recommendation made on each point before moving on to the next.
- There was a great deal of information sharing taking place in each workshop, therefore the specific recommendations re topics were not approached at length. Information sharing at first and then ask for recommendations.
- Recommendations are good but we do not look enough at the issues involved in bringing these about. I would suggest that we look now at how groups preparing these reports see themselves following up what they said and recommended. Government cannot and in fact should not accept recommendations of any kind without challenging people to be involved in bringing such recommendations into reality. I think part of the problem is also that governments are not prepared to challenge people this way and so often make half-baked promises that they can't keep.
- No way this time.
- I couldn't improve it thanks to those who planned it so efficiently.
- Was adequate without increasing the costs dramatically.
- Have the chair maintain greater control of discussions. Disallow private discussions while delegates are speaking on the subject. Many delegates sought answers to personal questions, instead of expressing opinions.
- Handicapped parking.
- Very well organized.
- Rooms could have been more quiet but this is impossible to avoid where crowds gather.
- Loud speaker in the workshops or better voice projection by all speakers.
- Felt it performed well in all aspects of the Conference.
- Found the whole conference most enjoyable.
- Possibly a little greater choice of topics to take part in.
- Found the conference very interesting and informative.
- Division into groups was very interesting.
- More division of groups which would mean more individual discussion.
- More division of delegates into smaller groups during the workshops. Each gives more input in small groups.

- I think the conference was well planned and I especially approved of No. A where the members were divided into groups for discussion.
- Too many people do not stick to the subject and a lot of time is wasted when one person takes over. Otherwise has been wonderful.
- Some way to curb "scene stealers". One man from Halifax dominated constantly.
- Everything was satisfactory in every way.
- Exceptionally well organized.
- I think broader issues and problems concerning seniors could have been discussed if more time had been permitted to the workshops.
- I don't think you could improve it. It was all very interesting.
- Beautifully organized and conducted.
- Should have been longer - able to address more issues and attend more workshops.
- I don't think it could have been any better.
- I think it was well done for a starter.
- Questions for workshops should be sent out prior to the conference in order to allow the participants to be prepared and to organize their ideas and thoughts.
- Should have been a longer conference and there was not enough for rural people.
- If only everyone would speak out more clearly and louder.
- More definite answers to questions - not passing the buck.
- Voices from other workshops were distracting because remarks and solutions were not easily heard.
- By narrowing guidelines to subjects to be discussed; i.e., many subjects were too wide.
- Smaller groups in workshops - some people did not speak out at all. Perhaps each one could have been asked for input, as they may be too shy to speak out.
- By regional meetings.
- To go through the questions one by one and all delegates should stand while speaking.
- Very difficult to hear in some workshops and this affected the discussions in many cases.
- It would be helpful to have one plenary session devoted to providing suggestions on how to organize voluntary groups of seniors helping seniors.
- Banquet held on Monday evening.

- Less input and direction from the resource people - they should be limited to factual clarification - no opinions please.
- Please keep the chairmen on target.
- Key speakers might be provided with a "mike". Some people like to dominate the session - should be limited as to time allowed so others can feel freer to voice opinions.
- Combining youth and seniors would expand the communicate role of the conference.
- Less talk of wanting government assistance. Let's stress "seniors helping seniors" and that was not discussed enough.
- Conference was well planned. A lot of work had to be done beforehand and I'm sure it has been appreciated by all the delegates.
- Perhaps a few more quiet speakers on pertinent subjects.
- Missed the fellowship time for getting acquainted; i.e. sing-song.
- Four days instead of three.
- Well organized and well run. Congratulations to Fred MacKinnon.
- Some of the workshop topic questions were far too specific to open up general discussion; i.e., educational and academic support. Broad materials concerning many areas (Crime and Elder Abuse) of topic were better. More pre-workshops materials - questions for workshops sent out 2 weeks before the conference.

6. DO YOU HAVE ANY COMMENTS ABOUT THE MEALS AND/OR ACCOMMODATIONS AT THE UNIVERSITY?

- All delegates indicated meals and accommodation were excellent to very good.
- Some comments: "Too much for dieters".

  Rooms without private toilet facilities have severe limitations for seniors.

7. WHAT IS REQUIRED IN THE WAY OF FOLLOW UP TO THIS CONFERENCE?

- Urge the government to follow-up on the urgent recommendations.
- Copy all submissions presented made available to the participants.
- Tap on the resource people whom we have heard the first time.
- Have one next year.
- More action by seniors to help seniors and less dependence on government money/my tax dollars.
- Government action on a broader basis than the Secretariat.
- Keep the public informed from time to time of results and any implementation.
- Review of where we are going in six months time.
- Evaluation of this Conference on remarks and another Conference dealing with progress of this one soon.
- Media coverage.
- Follow-up on issues by government and others.
- Be sure we all have a copy of each workshop and how they have been acted on.
- Repeat at least every two years.
- Suggest a simple, interesting and concise report should be sent to all senior citizens in the Province.
- Further workshops on Health Home Life Supports, Pensions.
- Another conference to follow-up in twelve months to follow-up on resolutions that have been acted on and those that have not.
- Carry out discussions and study them and educate your clubs about the conference.
- Would like to see another conference after the government has dealt with the issues discussed here.
- Maybe regional meetings of same groups of seniors.
- Education on all matters - more seminars.
- I would like copies of the record of each workshop - to be used for local Radio and newspapers. Sometime in the future another conference.
- Do something about the recommendations. Don't file them. Plan for a second conference every so many years (2 or 5).
- Fast action by government on ideas presented.

- Each group of delegates should meet in their own locality and discuss in depth the recommendations of the workshops.
- Greater efforts to promote public awareness of government programs for seniors, in all geographical regions.
- Training of homemakers.
- More elderly care centres.
- Full publication of the recommendations and follow-up. Support from the community base of support persons in attendance.
- That government and planners give an account of the disposition (action!) of recommendations and see that action is taken.
- Organizing the county councils to get together more often to discuss club problems.
- Regional gatherings on specific subjects.
- Could copies of final recommendations and the conference summation be mailed to delegates as soon as is feasible. it would be helpful in discussion with local groups with M.L.A.'s - useful lobbying tool.
- Should be held yearly for discussion of the current issues that affect seniors.
- Perhaps a Lieut.-Governors conference on aging. The needs and the problems of the aging would be reviewed from the political fields could be developed. A return to Antigonish and particularly St. Francis Xavier University to review a summary of the report.
- Progress reports issued periodically.

LIST OF DELEGATES - GENERAL

Archibald, Dr. Doug	Department of Health
Barry, Donald A.	Department of Education
Beaton, Dorcas E.	N.S. Association of Occupational Therapists
Bedgood, Ron G.	N.S. Police Commission
Bona, Wayne J.	Dartmouth Social Services
Bourgeois M. Stella	Acadian Federation of Nova Scotia
Brown, Stewart	Department of Social Services
Burgoyne, Donald E.	Department of Education
Burns, Sadie	Health and Welfare Canada
Campbell, George	Department of Education
Campbell, Georgina	Meals-on-Wheels Voluntary Service
Chen, Mervin Y.	Sociology Dept. Acadia University
Chisolm, Rod	Department of Attorney General
Clark, Allan	Department of Social Services
Comer, Mary I.	Victorian Order of Nurses for N.S.
Conrad, Patricia	President, N.S. Gerontology Assn. Mount St. Vincent University
Crowell, Osborne R.	Halifax/Dartmouth Council of Churches
Cullen, Anne	Pictou Co. Visiting Homemakers
Currie, Lawrence	Camp Hill Hospital
Dalyrymple, Joan M.	Canada Mortgage & Housing Corp.
Doucet, Jean R.	Department of Education
Ellsworth, Nelson	Department of Culture, Recreation and Fitness
Eyland, Kathleen	Registered Nurses Association of Nova Scotia
Fleet, Percy	Department of Finance
Foster, Judy	Department of Finance
Fox, Dr. Roy	Nova Scotia Medical Society
Fraser, Iris	Women's Institute of Nova Scotia
Fraser, M. Doreen E.	President, Canadian Pensioners Concerned Inc.
Fraser, Mary L.	Canadian Pensioners Concerned - Cape Breton Chapter

Frenette, Susan E.	Nova Scotia Association of Homemaker Services
Gammon,Greg	Department of Social Services
Garroway, Sharon T.	Canadian Red Cross Society N.S. Division
Gasek, Dr. George	Mount Saint Vincent University
Gass, Dr. David	Camp Hill Hospital
Gaudet, Alan	Public Legal Education Society
Grady, Wayne	Department of Health
Gray, Dr. John	Camp Hill Hospital
Haley, Bob	Department of Social Services
Haley, Jack P.	N.S. Federation of Labour
Hambling, Ivor	Department of Social Services
Haynes, Sandra D.	Department of Social Services
Holland, Jerry P.	Royal Canadian Legion Provincial Command
Huck, Denis N.	Sackville Recreation
Hurley, Donald G.	Maritime Tel & Tel
Ivany, Hedley	Northwood Centre
Jackson, Dr. Gary	Faculty of Dentistry, Dalhousie University
Jennex, Otis F.	Nova Scotia Power Corporation
Johnson, Dan H.	Social Services (Retired)
Johnstone, Gregory J.	N.S. Commission on Drug Dependency
Kerr, Dennis	Department of Housing
Kerr, Sheila M.	N.S. Branch Canadian Physiotherapy Association
Laffin, Linda	Department of Municipal Affairs
Lalonde, Louise M.	St. John's Ambulance Health Care for Seniors' Program
Langille, Sheldon	Associated Homes for Special Care
Lank, David	Administrator, Valley View Villa
Lay, Joan F.	Roseway Manor Incorporated
Logan, Neil	Halifax Police Department
MacDonald, Sister Baptista	Antigonish Town & County Home Care Society
MacDonald, Donald	Health & Welfare Canada
MacDonald-Keefe, Clare	Alzhiemer Society of Nova Scotia

MacIsaac, James A.	Department of Social Services
MacKinnon, Dr. Fred	Senior Citizens Secretariat
MacLean, D.J.	Department of Education
MacLean, John A.	Department of Culture, Recreation and Fitness
MacLellan, Malcolm A.	St. Francis Xavier University
MacLellan, Marlene	Gerontology Association of N.S.
MacLennan, David	Senior Citizens Secretariat
MacNeil, Sister Teresina	Martha Home Health Care Project
McClelland, Rusty	Policy Board
McLean, Dr. Ellen	N.S. Advisory Council on the Status of Women
McNiven, Jane A.	Dalhousie University
Moore, Tom	Department of Housing
Perkin, James D.	Acadia University
Pickering, Gwen	Department of Social Services
Pitt, Tony	Canada Mortgage & Housing Corp.
Power, Audrey V.	I.O.D.E.
Richardson, Sharon	Registered Nurses Association of Nova Scotia
Ritchie, Neil H.	Department of Health
Ryan, Kevin S.	New Horizons
Shaw, Bob	Canadian Home Builders Association
Smith, Russell	Dartmouth Housing Authority
Stanway, Muriel J.	N.S. Dietetic Association
Still, Dr. Hereford C.	Family Medicine Dalhousie University
Sutherland, Fran	Department of Social Services
Terrio, Paul O.	Health & Welfare Canada
Trask, Jon A.	Royal Canadian Mounted Police
Tufts, Edith	University St. Anne
Walker, Joan K.	Camp Hill Hospistal
Walsh, Edna	Department of Health
White, Valerie	Senior Citizens Secretariat
Young, Bob H.	Chartered Life Underwriters
Zwicker, Sherman	Union of N.S. Municipalities

LIST OF DELEGATES - SENIOR

Amirault, Florence F.	Lower East Pubnico
Armstrong, Gordon A.	Halifax
Bailey, Anna H.	Annapolis
Barrett, Fred G.	Annapolis Royal
Baxter, Jim	Halifax
Baxter, Vera M.	Halifax
Blinn, Delima M.	Meteghan
Boucher, Talida M.	Arichat
Boudreau, Frances M.	Arcadia
Boudreau, Thomas	Cheticamp
Boylan, Claire B.	New Ross
Brissenden, Margaret M.	Dartmouth
Brownell, Russel H.	Thorburn
Buckler, Thelma E.	Bear River
Burgess, May H.	Dartmouth
Campbell, Ruth E.	Aylesford
Carter, Adrian N.	Dartmouth
Chapman, Nellie A.	Amherst
Chiasson, Amelia	Cheticamp
Cholmondeley, Matilda J.	Thorburn
Clark, Catherine I.	New Glasgow
Clark, Elizabeth K.	New Minas
Comeau, Eloi J.	Weymouth
Comeau, Francois	Concession
Comeau, Prescille M.	Little Brook
Compton, Mary E.	Dartmouth
Condon, Annie L.	Thorburn
Conrad, A. W. Jack	Shelburne
Conrad, Nettie F.	Shelburne
Cooke, Amy E.	Dartmouth
Cooke, Earle S.	Dartmouth
Cooke, Harvey B.	Halifax
Corbett, Carl D.	Havre Boucher

Corbin, Dorthea B.	Bridgewater
Corkum, Leta G.	Dartmouth
Crowdis, Linden	Margaree Valley
Davidson, Wallace	Glace Bay
Day, Leslie W.	Pugwash
Delorey, Charlotte M.	Afton
D'Entremont, Cecile Sister S.	Halifax
Desmond, John A.	Halifax
Dolsen,Erle S.	Auburn
Dorey, Ella H.	West Arichat
Doucet, Calixte J.	Grand Etang
Drew, Hilda R.	Berwick
Dunsworth, James A.	Halifax
Eisener, Edwin A.	New Germany
Eisener, Vivian A.	New Germany
Emin, Frederick J.	Yarmouth
Farr, Emma	North Sydney
Faulkner, Jack W.	Halifax
Faulkner, Thelma G.	Halifax
Fergus, L. Irene	Halifax
Finley, Inez B.	Oxford
Foley, Allen B.	Kentville
Foley, Eileen R.	Kentville
Fowler, Dorothy J.	Halifax
Fox, Edith L.	Halifax
Fraser, Evelyn M.	Pictou
Freeman, Marg R.	Dartmouth
Frison, Bertha	Reserve Mines
Gagnon, Vera E.	Port Royal
Gaudet, John J.	Halifax
George, Lorna L.	Arichat
Gerrard, Ellen R.	Dartmouth
Getson, Sadie E.	Milton
Ghent, Helen M.	Lockeport
Gibson, Margaret H.	Halifax

Gibson, Neville	Sydney
Gillis, Cassie M.	Port Hastings
Gillis, Doris M.	Baddeck
Gillis, Margaret M.	Iona
Glassey, John G.	Truro
Glennister, Mae	Dartmouth
Glennister, W.J.	Dartmouth
Green, Ula	Middleton
Gunn, Phyllis J.	New Glasgow
Hache, Mary Sister	Halifax
Haines, Edwin A.	Cambridge Station
Hall, Barbara F.	Halifax
Hall, Celeste M.	Digby
Hallett, Margaret M.	Halifax
Hamilton, Marie N.	Halifax
Hanam, Andrew A.	Baddeck
Hanam, Elizabeth F.	Baddeck
Hannigan, Sister Georgiana	Reserve
Harding, Keith E.	Mulgrave
Harris, Jean M.	Canning
Harrop, Blanche E.	Halifax
Hartley, Florence	Canso
Hartling, Minnie A.	Halifax
Harvie, Edith M.	Halifax
Hayes, Annie E.	Bridgewater
Heasman, Maurice	Brooklyn
Heasman, Phyllis P.	Brooklyn
Henderson, Vera M.	Antigonish
Hines, Lena A.	Greenwood
Hopkins, Gordon R.	Sydney Mines
Irving, E. Patricia	Truro
Jago, Ruth M.	Digby
James, Jessie E.	Dartmouth
Jenkins, William A.	Truro
Jones, Sydney M.	Halifax
Kennedy, Doris H.	halifax

Kennedy, Robert	Halifax
Kent, Hazel M.	Dartmouth
Kilcup, Donzella B.	Berwick
Landry, Leonard I.	Havre Boucher
Landry, Louise A.	Havre Boucher
LeBlanc, Flora M.	Saulnierville
LeBlanc, John	Halifax
LeBlanc, Joseph C.	D'Escousse
LeBlanc, Joseph H.	Grand Etang
LeBlanc, Lena M.	Halifax
LeFort, Geoffrey P.	Margaree
LeFort, Marie E.	Margaree
Lowe, Grant F.	Thomasville
Lumsden, Gilbert R.	Trenton
MacBain, Lulu V.	Scotsburn
MacDonald, Dan A.	Glace Bay
MacDonald, F. May	Middleton
MacDonald, Roderick F.	Sydney
MacDonald, Tennyson S.	Halifax
MacFarlane, Eva M.	Parrsboro
MacIntosh, Dollina N.	Port Morien
MacKenzie, A.G.	Antigonish
MacKenzie, John Hugh	Halifax
MacLean, John D.	River Denys
MacLean, Sadie C.	River Denys
MacLellan, Alex A.	Sydney
MacLellan, Norma M.	New Glasgow
MacLennan, E.A. Electa Dr.	Brookfield
MacNeil, Catherine N.	Antigonish
MacPherson, Rachael M.	Antigonish
MacQueen, Alice M.	Baddeck
MacQueen, Thomas	New Glasgow
Mailman, Jessie I.	New Germany
Marshall, Muriel A.	Lawrencetown
Martin, Eunice L.	River Hebert

Mattie, James F.	Antigonish
Mattinson, O.W. Pauline	Chester
McGee, Berneice A.	Kentville
Mills, Darrell	Dartmouth
Mitchell, Ruth O.	Pugwash
Mont, Viola M.	Halifax
Moore, Hannah M.	Oxford
Morrison, Lottie M.	Sydney
Morrison, Nellie M.	Baddeck
Morton, Joyce O.	Yarmouth
Muise, Sister Elizabeth	Halifax
Munroe, Ada R.	Halifax
Munroe, Helen F.	Gunning Cove
Murphy, Susan C.	D'Escousse
Muzzatti, Edith M.	Dartmouth
Nash, Philip	Glace Bay
Nearing, Mary Pat P.	Glace Bay
Neaves, Ivan M.	Halifax
Neaves, Margaret G.	Halifax
Neilly, Vera C.	Halifax
Nelson, Alyce C.	New Glasgow
Neville, Lillian	Sydney
Okraku, Ismael Dr.	Halifax
O'Neill, Elizabeth E.	Dartmouth
Patriquin, Nellie M.	Truro
Payne, Florence M.	Halifax
Peckham, Harold T.	Mahone Bay
Peckham, Muriel A.	Mahone Bay
Perry, Anna A.	Shelburne
Piercey, George C.	Halifax
Poirier, Emily E.	Inverness
Poirier, Leonie M.	Halifax
Poirier, Paul	Inverness
Poirier, Ruth	Dartmouth

Price, Eileen A.	New Minas
Purcell, Hattie	Mulgrave
Purdy, Addie A.	Arcadia
Reid, James W.	Pictou
Roach, Edward E.	Halifax
Robertson, Elliott M.	Halifax
Robinson, Helen B.	Dartmouth
Rockwell, Winnie H.	Wolfville
Rolfe, Margaret	Halifax
Ross, Esther	Margaree Valley
Ross, Olive F.	Dartmouth
Rovers, Martin M.	Afton
Royal, Pearl A.	Glace Bay
Salsman, Evelyn C.	Lawrencetown
Salsman, Frank A.	Lawrencetown
Scott, Evan	Sydney
Scott, Fred	Sydney
Scott, Thelma	Sydney
Scudder, Rose	Dartmouth
Shea, Elva	Halifax
Shea, Harold T.	Halifax
Smith, Edna M.	Mill Village
Smith, Lynford G.	Mill Village
Spencer, Jack	Dartmouth
Stanton, John Dr.	Halifax
States, Coulter B.	Dartmouth
Stevenson, Almira	Tatamagouche
Stewart, Ruth B.	New Minas
Strum, Robiek	Dartmouth
Sturgess, Isabel L.	Glace Bay
Sturgess, Raymond L.	Glace Bay
Sullivan, Thomas T.	Sydney
Surette, Joseph N.	Surette Island
Surette, Mary B.	Surette Island

Swansburg, Nora E.	Sable River
Thomas, Donald	New Glasgow
Thomas, Kenneth B.	Shelburne
Thurber, Lou W.	Barrington Passage
Timmins, Mary E.	Dartmouth
Townsend, Margenie	Lockeport
Upham, Gordon	Truro
Vair. Stewart D.	North Sydney
Vaughan, Clare M.	La Have
Vaughan, Leonard P.	LaHave
Vaughan, Mary	Halifax
Veinot, Kerry A.	New Germany
Vend, Nellie W.	Amherst
Wadman, Robert	Glace Bay
Wagner, Eleanor L.	Pleasantville
Walker, Stella D.	Milton
Wallis, Wilfred	Pictou
Walsh, Anna M.	Sydney
Walsh, Jeannette	Dartmouth
Walsh, Ruby E.	Eastern Passage
Walsh, Thomas	Sydney
Ward, Arthur	Bedford
Ward, Joyce L.	Bedford
Way-Clark, Roberta	Halifax
Wenaus, Connie M.	Dartmouth
Wentzell, Victoria I.	Brooklyn
Wickwire, Dr. John	Liverpool
Wildsmith, Fred G.	Port Hawkesbury
Wilkinson, Douglas E.	LaHave
Williams, Lillian	Mulgrave
Wilson, Kathleen E.	Bridgetown
Wirrell, Violet	Halifax
Wojick, Mary A.	Sydney

Woof, James A.	Digby
Woof, Ruth H.	Digby
Worth, Catherine A.	Guysborough
Zifkin-Shofer, Ida	Halifax

A PROCLAMATION DESIGNATING JUNE 17-23, 1984 SENIOR CITIZENS' WEEK IN NOVA SCOTIA WAS SIGNED BY PREMIER JOHN BUCHANAN DURING THE CLOSING BANQUET. HOLDING THE PROCLAMATION ARE VALERIE J. WHITE, CO-ORDINATOR OF THE SENIOR CITIZENS SECRETARIAT AND DR. FRED R. MacKINNON, SECRETARIAT DIRECTOR.